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LONG LIVE

Here's to the great Skywalker Samboy Lim

HOT UNIVERSE

The Big Bang theory of Pinay sexy

AIKO CLIMACO

Banana Split's delicious scoop!

NO MORE PUSSIES

How to stick it to the man

- Beach Cruiser bikes
- Juice detox
- Smartphone date proxy
- Protocol for annoying couples

1 ISSUE TO GO BEFORE FHM XV

SUMMIT MEDIA

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PETROL

Jogger Jeans

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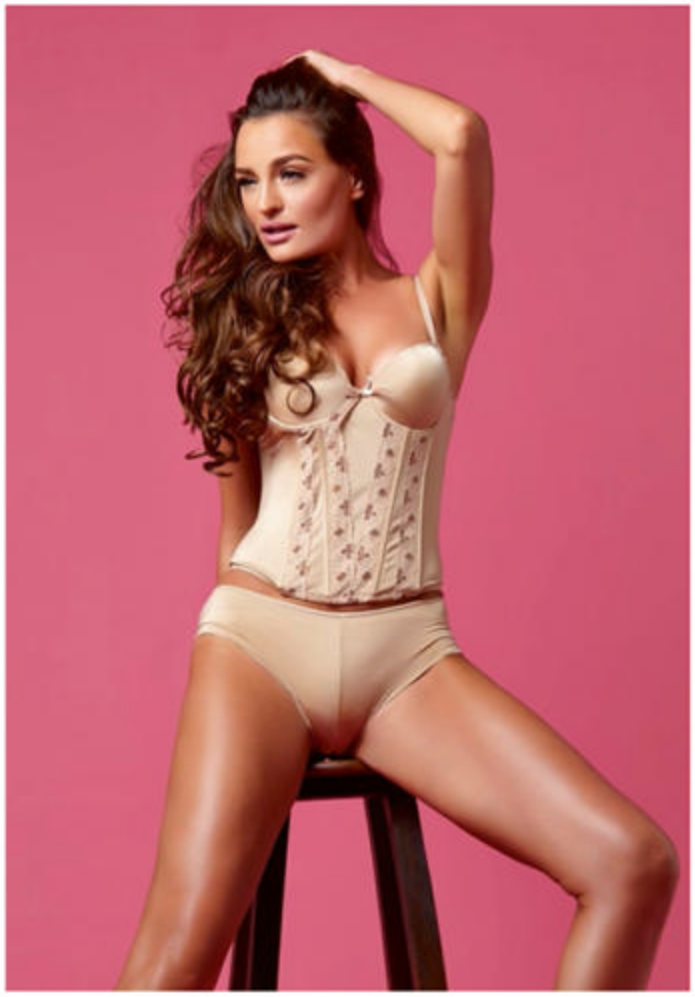




PHOTOGRAPHY: JAKE VERZOSA, SHAIRA LUNA, JERICO MONTEMAYOR; ILLUSTRATION: CARLO MAALA

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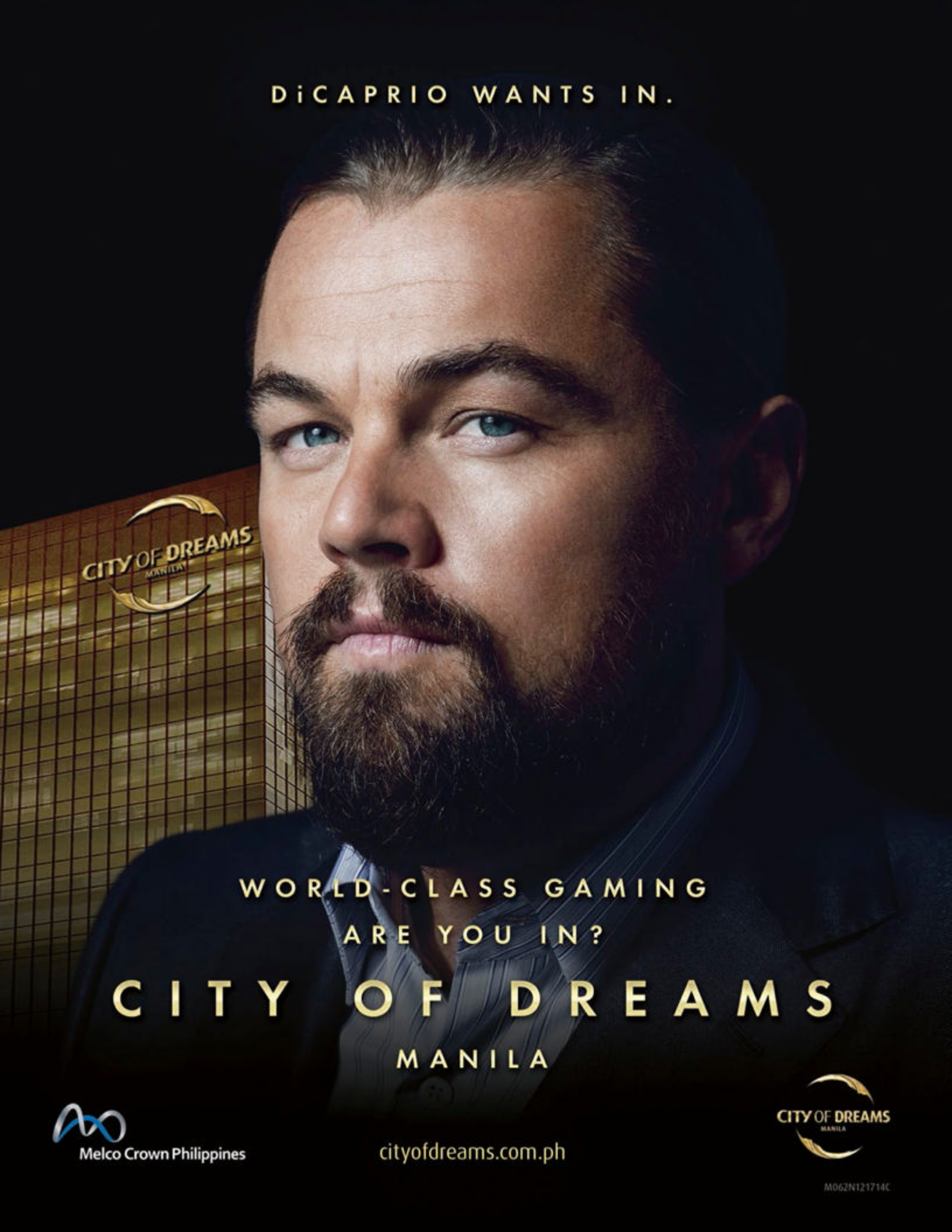


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PHOTOGRAPHY: ARI SIMANGAN


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THE TEAM: WHAT *FHM*ers HAVE BEEN UP TO THIS MONTH





Our cover muse glows (left) as photographer Jake Verzosa captures the picture-perfect moment (above). No, Ash doesn't seem to have any complaints. Below: The team, blown away by the location's ultra-modern interior, strikes another made-for-telenovela pose.





Stuffed ourselves silly, drank till we dropped, and then flashed our biggest smiles for this final group shot at last December's luau-themed Summit Media Men's Titles Party.



(Above) The lovely Ms. Katrina Halili shows who's boss at her recent autograph signing. Not pictured: *FHM* readers rejoicing as they chant in unison, "Kat is back!" (Below) November cover girl Andrea Torres delights her fans as well, giving us a glorious peek at the future of sexy.





Anton and his posse took advantage of last month's long weekend and drove all the way up to Pagudpud. Here they are rocking out with their tongues out on a 4x4 by the seashore. Because, YOLO.



Starring in this month in *FHM*'s Sleeping on the Job Chronicles: Pong, caught in the act snoozing at the cover shoot. Quickly she shifts from being a young gun to a budding *Tita* of Manila.

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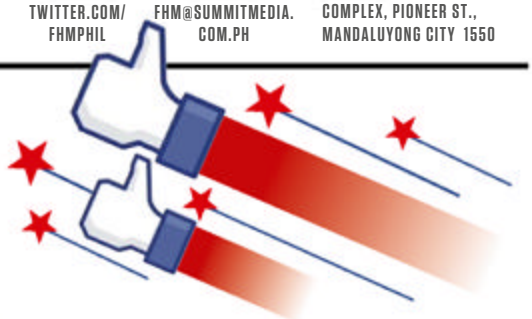
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LETTERS 02/15

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NOTED AND DELIVERED

Please tell Katrina Halili that she is more gorgeous now that she is a certified hot mama. Your 2015 photoshoot with her is just breathtakingand plain sexy! You guys rock! Also, my girlfriend and I will be celebrating our third anniversary this love month. *Mahal na mahal kita* Gellie Villanueva! She has learned to read the magazine too! And I love the fact that *FHM* brings us closer together. So thank you, guys! Keep up your great work!

Bravo Cuya, by email





FHM-READY

You really know how to tickle a man's desire (and a woman's, too!). Thank you for including my letter in your October issue last year! I went gaga over it, my husband and friends too! That justifies who among us is a certified *FHM* loyalist! So I want to share again my latest boudoir shoot, ready for your February issue! Thank you! Cheers to 2015! Photography by Jet Dy Gabatan and MUA by a dear friend Rouchelle.

Roselene Redondo, by email

BACK TO BACK »

If Kat is back then Rich is back, too! The long wait is over. The last time you included me in your issue was in July 2011. Eula Valdez was on the cover, and I was about to work abroad. Unfortunately, I stopped buying *FHM* because of my busy schedule. But thanks to Buqo, it helped me fight homesickness. Right now I'm home and starting to buy back issues so I can fill the missing ones. You guys rock! Katrina rocks!

Rich Ocampo, via Facebook Fanpage



TWO THUMBS UP!

It feels great to have in my hands the *FHM* January 2015 issue. *FHM* icon Katrina Halili is a good choice to start the year. Look at the body! Who would say that she's already a mom? Thumbs up, *FHM*! #HappyXVyearsFHM #FHMBringBackHerThrone

Jay Andres, by email

GALLERY



Pwede na ba maging model?

Vennis, via Facebook Fanpage



Hi, FHM!

Sidney, via Facebook Fanpage



STAY TUNED

Walang specific *na lalagyan ang koleksyon ko kaya sa taas lang ng* TV *sila nakalagay* but I'm still proud of them. Gwen Zamora next, please!
Eirel John Sunga, via Facebook Fanpage

HER MR. VALENTINE

So awesome to celebrate two events this month. Happy Valentine's day and happy birthday to Mr. Harrold A. Baluran. I really wanted to surprise him by seeing our photo in your magazine. I wish you good health and happiness in life. May all your dreams come true. I love you so much! Happy Hearts Day, *FHM*. More Powers!
Meeaijane, by email

BETTER LATE THAN NEVER

My girlfriend and I celebrated our second anniversary last month. I hope you post this photo to surprise her even if it's a month late. Happy second anniversary, baby! I love you to the moon and back!
Miguel Joshua, via Facebook Fanpage







ALL ABOARD

Hi, *FHM*! I'm a great fan of your magazine. Here are photos with my boardmates at Candi Maria Compoud, Buhangin, Davao City. We all hope these make it to the magazine. Thanks!
Ryan Michael Ventura, via Facebook Fanpage

PAMPAINIT SA TAG-LAMIG!

Thank you *FHM* for the January issue. Katrina Halili will set winter on fire. Thank you to my mom who had the hardest time buying me a copy because it was sold out in our area a few days after the release. Thank you to my friend who brought this copy from Manila to Canada. This is just my second physical copy of *FHM* Philippines after migrating. (the other one is the March 2014 issue with Marian on the cover).
Luis, Canada



FROM ILOCOS WITH LOVE

FHM avid reader AJ Ganno fills this month's mailbox...



SHOUTOUT!

Coleen's IG account is on fire. Please put her on the cover ASAP! Hope Billy will allow her even though he said that posing for a men's magazine is not in Coleen's personality. I'm sure your team can work on that. Pressure on Sir Allan Altera slash the Celebrity Coordinator. Research!



LUCKY SEVEN

I'm actually on my way to my seventh year as *FHM* collector. But last year, I attended the *FHM* Victory Party for the first time. I travelled 12 hours—Ilocos to Manila—just to attend that damn oh-so-good party. Favorites were Beauty and Alice. Hope I can attend again this year. Fingers crossed!

ANGEL PA RIN!

Advance 15th Anniv to us! three years ago I wrote this wishing/hoping/praying that Angel Locsin would do the 15th Anniversary issue cover. It's been five years since her last cover. But she still has it, right? Hope you can do her 5th cover on your 15th Anniversary cover. Please grant my wish. I'm sure I'm not the only one asking and waiting for this cover. Thanks!

STARTER

WISDOM YOU SHOULDN'T LEAVE HOME WITHOUT



QUICKFIRE ROUND

Ramp or print modeling? Print
Fast cars or fast motorbikes? Neither. Ha ha!
Singing or dancing? Dancing
Beer or hard liquor? Beer
Club or house parties? House parties

Photographer:
Ari Simangan
Interview:
Khyne Palumar
Stylist:
Dannavie Chanyongco
Makeup:
Miko Dacanay

SPELL IT OUT

YOWZA!



It may take a few tries to say Alina Trubchaninova's name properly—but meeting the Ukrainian model in her skivvies shouldn't be as difficult...

On a very long list of females who've graced our pages with their glistening assets, Alina belongs to a subsection of women who surprise.

At the very least, when she talks about what's supposed to be a glamorous career ("I never thought about this job as something extraordinary, it's just work.") or how she sums up women-kind ("as it is easy to impress me, it's also easy to disappoint me."). And probably most surprising, how she currently doesn't have a boyfriend (yay!).

As far as glistening assets go, though—well, take a good look...

Do people have a hard time pronouncing your last name?
No one can ever pronounce my name! Ha ha! Every time I do some documental thing and the manager or whoever has to call me in, I hear them trying to say, "Trr.. Trumb..." and I'm, like, "That's me!" Ha ha ha!

Have you ever thought of shortening or changing it?
I've never thought about it, for the career I suppose I'm open to the idea, but it's my family name, so the thought of changing it... well, no other name comes to mind. Ha ha!

So just Alina? What do family and friends call you?
In Ukraine we have a bunch of short, cute nicknames we call loved ones. Alina is quite formal actually. Friends and close family call me Alya. It's a term of endearment.

Cute. Did you always want to be a model?
No. I first thought about it when I was, I guess, 17 and haven't looked back since.

Would you consider it a very glamorous line of work?
I never thought of this job as something extraordinary. I always tell people it's just a job, just like many others. It has its perks and requirements. But what I like is that time between standing in front of the camera or on the ramp, and when you get to see the good result of your job after.

Have you been traveling for work a lot?
Yes, for work I have traveled to China, Hong Kong, Indonesia, Thailand, Turkey, besides the Philippines of course. I miss many things about all the places—food in Thailand, people in Hong Kong, and bargaining in China. Ha ha!

Where do you feel most at home?
Well, now, I can say that I feel at home everywhere. I've been traveling three years nonstop, so I kind of have gotten used to every place I'm traveling to. I'm a very open person, and something I've understood during my travels is if you respect a country's traditions, it's easier to feel at home.

Because it's February, we'll have to ask: Any plans for Valentine's?
I have no idea! I will probably end up eating chocolate and watching a romantic comedy, since I haven't got any single girlfriends to hang out with on that day, ha ha!

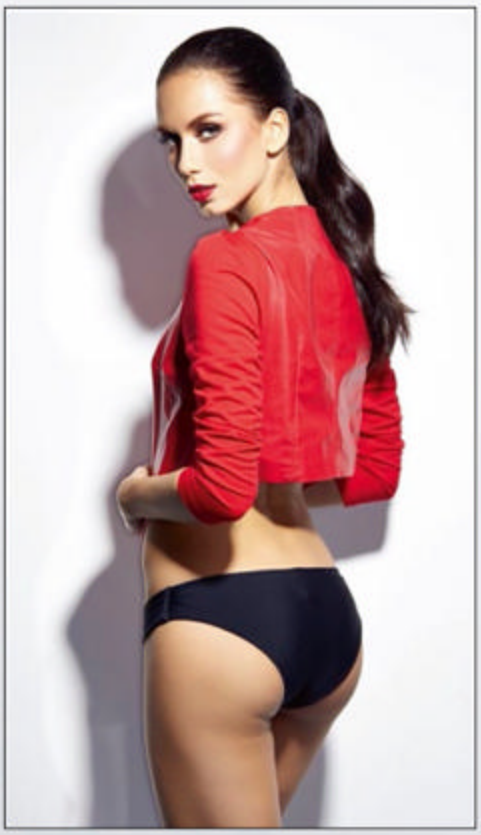
What about boyfriends? Or single boys?
Well, I had a boyfriend for the past three years, so I usually had some plans for Valentine's Day. This year is going to be a different experience.

Are you the type of girl who is impressed easily?
Yes, I do get impressed easily. But as it is easy to impress me, it is easy to disappoint me.

Wow. What should we do and not do then so we don't disappoint?
Hmm...always remember that the girl you're dating is your choice, and you have to respect their choices. You should treat the girl right, the way you want to be treated. What you shouldn't do, on the other hand—well, you shouldn't lie. I think this is the most important.

What kind of guys wouldn't you date?
Guys who don't know what they want. I don't think it's worth my time to go out with people who are stuck waiting for something to happen to their lives.

What does it take for a guy to make an impression?
Kindness, self-esteem, respect for people around you, and honesty—these simple things impress me. **FHM**



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QUICK LOOK FOR A QUICK LEFT

Maybe you and your girl are just driving around, V-day left unplanned. Let's GPS that quickie

We're not sure if motel quickies are still top choice for couples on Valentine's day. They should be (check our other stories, Field Guide on p. and V-day planner on p.114); motel rooms are much happier places now than they were originally intended to be. But this is not about the rooms, it's about the excitement of getting there. Every couple has a classic *biglang liko* scene: guy is pestering his girl, '*O ano*?' and the girl can't say if she wants to or not. And when the silence turns to a yes, guy goes for a quick turn. Let's map out the pleasure route...

WORDS: ALLAN P. HERNANDEZ



Sta. Mesa area

The love shacks in the area are true classics. Our theory on why there are so many of them there: It's not easy to get to the 'hood', you either take the small street from Aurora Boulevard going to PUP, or go through the back door in Mandaluyong. This only means that your car can evade being seen by friends who may wonder "*Kotse ni ___ yun a, at kasama si _____. Pumasok sa Ligaya*!"

Popular motels in the area

6 Town and Country
7 Rose Garden
8 Ligaya Lodge
9 Gardenia Terrace



Pasay area

Probably an even more classic motel row than Pasig. Historically, Pasay was the nightlife capital of Manila after the war, with the cabarets lined up along Roxas Boulevard. Pleasure row starts at FB Harrison and becomes real fun at Baclaran. The road is a straight line, and the choices are endless. This is probably where the term "*biglang liko*" originated.

Popular motels in the area

10 Harrison Lodge
11 Halina
12 Queensland Lodge
13 Victoria Court
14 Mahal Kita
15 Anito

LEGEND

- Motel
- EDSA
- Roxas Blvd.
- E. Rodriguez Jr. Ave.
- Aurora Blvd



Caloocan

The motels in Caloocan are concentrated on Don Vicente Ang street—that's a quick left a few meters past the cloverleaf going to NLEX. Be careful not to swerve hard to D.V. Ang St, *baka sabihin gigil na gigil ka.* There's a gritty inner-city feel where Caloocan motels are, maybe because that's exactly what Caloocan means: "*looban*." The motels aren't seedy, but your romp should be.

Popular motels in the area

1 Aliw Inn
2 Victoria Court, North Edsa
3 Madonna Lodge
4 Victoria Court, Balintawak
5 Sogo Hotel

Motel menu classics

starting with the great pancit motmot!



Pancit Canton



Lechong Manok



Crispy Pata



Chicken Mami



Pasig area

If it's easy to get lost in the streets of Old Sta. Mesa, on Canley Road in Pasig it's a different situation. Early evenings it's a busy intersection with cars heading home—so every car who signals left or right and takes that *liko* will be seen. Good, though, that as far as location goes, Canley road is a great place for motels. Pasig View Lodge is even perched on top of a hill. We'll take Pasig over Caloocan.

Popular motels in the area

16 Country Lodge
17 Dahlia
18 Victoria Court
19 Mariposa Budget
20 Hill View Lodge
21 Pasig View Lodge





starter pedal

SUNSET RIDE

There's a growing beach cruiser bike scene in Manila. As for an actual beach...

These boys and girls riding their beach cruiser bikes along Manila's Baywalk area say they often get teased they deliver *pan de sal* in the morning and sell *binatog* in the afternoon. Well, for sheer cool factor you will want to deliver and sell stuff riding these babies, and together with the low rider and the Japanese bike enthusiasts, laugh at the *uhugin* teensies riding their colored fixies.

But every pedal guy knows there shouldn't be a turf war among bikers. The general rule has always been to enjoy the ride, whatever your ride is. On the happy scale, it appears the beach cruiser riders tip approvingly high.

Just take a look at those bikes. They're old school. A lot of them are customized. They hark back to a simpler era, but also a more whimsical time, as these bike designs show. These bikes kind of make you want to give up Spotify for AM radio, and the LED for black and white TV.

Aiain Pongco, founder of the Baywalk Beach Cruisers, got into the look of his bike first from watching cool movies, then learning that







Rudolf's first day as a bike valet service attendant proved to be a real challenge

'CHALLENGING ANG CRUISER DAHIL SINGLE SPEED PERO RELAXED ANG FORM NG KATAWAN MO. KAHIT NAKA-SUIT KA PWEDE KA PA RIN MAGBIKE NA HINDI MALULUKOT YUNG SUOT MO'

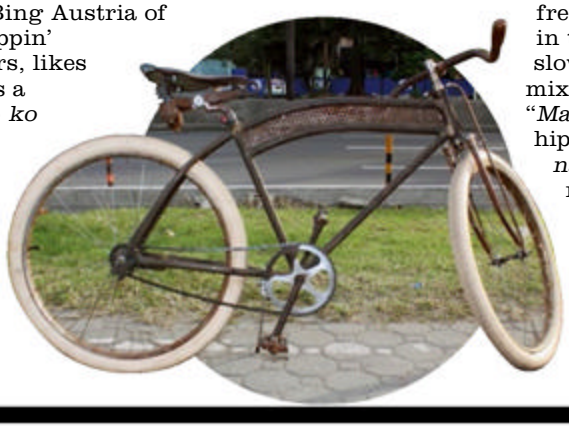


Bike length: not proportional to schlong length

customization was important in the current beach cruiser scene. "*Maganda kasi kapag* tailored *sa'yo ang isang bagay na gusto mo.* You're happy knowing that you can't find the bike in any shop around. It's also a head-turner. If it's weird, it's good," says Pongco. In a pack of mountain bikes, road bikes, and BMX, beach cruisers do get the attention because they look like they want it.

Another beach cruiser enthusiast, Bing Austria of soul bandFlippin' Soul Stompers, likes it because it's a classic. "Trip *ko mga* classic *na bagay* and *ang* cruiser *ay isang* classic *na bisikleta*," he shares. "*Masarap siyang pormahan at dagdagan ng* accessories. Challenging *ang* cruiser *dahil* single speed *pero* relaxed *ang* form *ng katawan mo. Kahit naka-suit ka pwede ka pa ring mag-bike na hindi malulukot yung suot mo.*" Bing, back in his Put3Ska days, actually wore a sharkskin suit on normal days.

The Baywalk Beach Cruisers are currently around 50 bikers-strong. They meet for frequent runabouts in the area, riding slow. It's a merry mix of deviants. "*Maraming mga* hipster at *makaluma na rin*," says member Pogz Paz, who goes around spinning new wave vinyl when not biking. "Bottom line, we all enjoy our cruisers."



WORDS: ALLAN P. HERNANDEZ; PHOTOGRAPHY: BAYWALK BEACH CRUISERS/CHRIS LUCAS

BAR ROOM JOKES

Be her funny valentine

THE CRAZIES

Two mental patients were walking next to a swimming pool. One jumped into the pool and the other jumped in to save him. Their doctor saw the rescue and called the rescuer to his office. "Due to your actions, it appears your mental state is fine," the doctor said to the patient. "You can go home to your family, but before you do, you should know that the person you saved hung himself today." The patient replied, "He didn't hang himself; I hung him there to dry."

JayPee, by email

KNICKER KNACKER

A husband and wife decide they need to spice up their sex life. The wife buys a pair of crotchless underwear, puts them on, and goes into the bedroom. She seductively asks her husband, "Hey Big Boy, do ya want some of this?" The husband takes one look at her underwear and replies, "Hell no! Look what that thing does to underwear!"

Migo, by email

HOLIDAY STUFFING

It was Christmas Eve. A woman came home to her husband after a day of busy shopping. Later that night when she was getting undressed for bed, he noticed a mark on the inside of her leg. "What is that?" he asked. She said, "I visited the tattoo parlor today. On the inside of one leg I had them tattoo 'Merry Christmas,' and on the inside of the other one they tattooed 'Happy New Year.'" Perplexed, he asked, "Why did you do that?" "Well," she replied, "now you can't complain that there's never anything to eat between Christmas and New Year's!"

AnnaLiza, by email

MONSTER-IN-LAW

Juan: Oh *pare, bakit naman ang tagal mo? Kanina pa ako naghihintay sayo ah.*
Pedro: *Pasensya na pare. Dumalo kasi ako sa libing ng biyenan ko eh.*
Juan: *Biyenan mo? Ha?! Kailan namatay?! Bakit ang dami mong galos at kalmot?!*
Pedro: *Kanina lang. Lumaban eh.*

CelinaMaree, via FHM Bullboard



ILLUSTRATION: MIKKE GALLARDO

BARRIO JOKES

FIT

Man 1: *Yung sa asawa ko, sinlaki ng kamao. Kasya ang kamay ko.*
Man 2: *Sa asawa ko mas malaki, kasya ang ulo ko!*
Man 3: *Shhh! Nasa loob tayo ng keps ng asawa ko!*

BLOWN

Anak: *Tay, may* experience *na po ako sa* blowjob*!*
Tatay: *Ayos! Binata ka na! Kamusta naman?*
Anak: *Masarap po, pero masakit po sa panga!*





THE DIRTIEST JOKE SHE KNOWS

A girl realized that she had grown hair between her legs. She got worried and asked her mom about the hair. Her mom calmly said, "That part where the hair has grown is called Monkey, be proud that your monkey has grown hair." The girl smiled, and at dinner she told her sister, "My monkey has grown hair." Her sister smiled and said, "That's nothing. Mine is already eating bananas."

Mich, events organizer



Ready for a **Robust** romance?

Ah, the month of love. It's that time of the year again when couples invade the limelight and they are seen ubiquitously — malls, parks, tourist spots and literally everywhere. While most guys would want to take their ladies on a romantic date elsewhere, there are a few girls who couldn't be any happier to just spend Valentine's Day with a simple yet romantic candle-lit dinner at home and sometimes, at the comfort of one's bed and when that time comes, are you sure you're ready for an ultimate V-day celebration? Make sure you are through the help of Robust dietary supplement!

Robust dietary supplement for men is a combination of Epimedium Extract or Horny Goat Weed, L-Arginine, Gamma Amino Butyric Acid (GABA) and Songaria Cynomorium. All these components, when combined, make a perfectly-concocted tablet that can help a man prevent the development of erectile dysfunction. These ingredients are also known to boost one's sexual desire and stamina. Some of the ingredients of Robust are even used as aphrodisiac for over thousands of years.

Robust dietary supplement for men works by increasing the blood flow in the penis and the entire pelvic area, thereby forcing a stronger and longer-lasting erection. Robust dietary supplement for men may also help in improving and increasing the quality and count of a man's sperm. Also, it may help in one's performance by decreasing the weakness in the loins and knees brought by aging. Apart from all of those, Robust dietary supplement for men may help in turning love-making into something more enjoyable as it helps in increasing sensation during orgasm.

Make yourself ready for the Valentine's Day with the help of Robust dietary supplement for men! And one more important thing to remember: it doesn't matter what the celebration is if you love someone, turn any ordinary day into an ultimate V-day by taking Robust dietary supplement for men!

Robust dietary supplement for men is to be taken 1 to 2 tablets atleast 1 to 2 hours before intimate activity, best taken with warm water and an empty stomach.



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A J
MASTER
DEBATERS

IMPROVE YOUR SEX LIFE FOR GOOD!

LAST COLUMN

It's time for your Master Debaters to say goodbye. But don't you fret; Abby and Jahziel are leaving us with a lifetime supply of lovemaking tips. Now this is the kind of revalida we've been expecting from them all along

PHOTOGRAPHY: EJAY LEUNG OF MIDNIGHT BONKERS
STYLING: DEBRA BERNALES; HAIR AND MAKEUP: ANNE CASTAÑO
SWIMSUITS FROM CESA



I REALLY LOVE IT WHEN YOU...

ABBY

1 Talk dirty to me. I like it when he calls me "bitch" or "slut" while we're doing the deed. Also, I really love it when a guy grunts when he's having an orgasm. There are guys who ejaculate without making any sound, and for me that's really weird.
2 Go deeper. Some guys that are well-endowed are scared to go deeper because they're afraid they will hurt me. I would always ask them to fuck me balls deep because that's how I like it. So stop worrying about my vagina. She's always hungry and ready! Ha ha!
3 Treat me like I'm an inanimate object. I'm almost never a passionate, romantic lover. Sweet, gentle sex bores me. I like to be treated like a sex slave so hardcore sex is the best for me. You don't really have to worry about my orgasm as I can have it anytime and anyway I want. Just use me for your pleasure and do me like I'm a lifeless object.
4 Are open-minded. I used to be with a man who was afraid or probably hated doing crazy stuff in bed. He didn't like the hardcore style and got pissed whenever I tried to dominate him. Now, I'm with a man who is willing to try everything with me and gives his best to satisfy me.
5 Are horny. All. The. Time. Guys who are always ready for sex are the best for me. Sometimes, they get too busy or preoccupied with things that they forget or become too tired and unable to have sex with me. Having sex gives me a lot of pleasure and happiness so I like to have it anytime I want it. Sadly, this doesn't happen to me and I've yet to meet a guy who can surpass or even match my horniness

JAHZIEL

1 Wash everything! I wash up even when I'm drunk.
2 Go with the flow. It's like dancing. At *wag kang* selfish *dapat*.
3 Have more time for foreplay. *Magpa-excite ka muna, wag pasok lang nang pasok.*
4 Talk to your partner. Ask her. And always ask her first.
5 Role-play. *Dapat* open *ka* to everything *para mas ma-improve* sex life *niyo*.

I REALLY HATE IT WHEN YOU...

ABBY

1 Brag about your bedroom skills. I should be the one to let you know.
2 Rush the sex. Delays my orgasm even further.
3 Check your phone in the middle of foreplay. Focus on me and nothing else.
4 Have jungle pubes. I can get a dental floss on my own.
5 Don't make any sounds. I need to know if you're enjoying it!

JAHZIEL

1 Are the first to come. Because first impressions last.
2 Just stick it up my ass. *Alam naman nating medyo masakit ito gawin*, so be sensitive enough to ask your partner first.
3 Are irresponsible. Always use protection. Think long-term!
4 Turn away from sex. Remember, girls can come *kahit* five times a day. Never settle for twice-a-week sex. More sex, more fun!
5 Stick to one position. Experiment! *Pangit ang* boring! *Hindi* routine *ang* sex. Remember, *iba-iba ang lalaki at babae*. If you're having sex, might as well *gawin mo na lahat, para* in the end *hindi ka niya makakalimutan*!



LAST WORDS ON IN-THE-SACK ADVICE

1 Be honest. If you tell your partner what you want, then there's a greater chance you'll get it. Example: "Baby, I love looking at your breasts while you're grinding on top of me, but I like it better when you're bouncing up and down. It makes them jiggle even more."
2 Listen. Good listeners are probably the best sex partners in the world.
3 Don't forget enthusiasm. Nothing beats a guy who is willing to please his girl in every single way especially when it comes to oral.
4 Let go. Sex will never be fun and satisfying if one of you is doing it half-heartedly. Let go of the hang-ups, focus on the act itself, and live in the moment. Relax and just enjoy the ride!
5 Explore. Don't limit yourself to a few techniques that work for you and your partner. Read. Get risky. Keep exploring!

10 JOBS THAT'LL GET YOU NOTICED BY THE LADIES

Shift careers. Now. Or if you can't, here's how to hack it like a pro



WORDS:
JEN CHAN



Men who won the genetic lottery may seem like they have the upper hand, but you can still be *pogi* in the eyes of your dream girl if you have the work cred to back you up. Here, we list down 10 jobs that'll make you *insa-guwapo*.

1 Prosecutor

What makes it cool: Lawyers have a rep for being smart, suave, and sophisticated, and for women, seeing those same qualities tear down the opposition is a definite turn-on.
DIY version: Join any of the clubs under Toastmasters Philippines or develop your confidence at John Robert Powers. Or always ask yourself, "What would Harvey Specter do?"

2 DJ

What makes it cool: They have access to all the best parties in town. But it's how these "spin" doctors make the most introverted ladies dance (and sometimes take their clothes off) that really calls out to *gimikeras* everywhere.
DIY version: Find your own tune at Bounce Electronic Music & DJ School over at the 8th Floor, W 5th Avenue Building, BGC, Taguig. Classes range from beginner to intermediate.

3 Restaurateur

What makes it cool: If you think about the most successful enterprises that opened in the last year, chances are they belong in the food industry. Think Marvin Agustin and Erwan Heussaff. Girls find that they'll never go hungry again.
DIY version: You don't have to brush up on your pan-frying skills either. What's important: Knowing all the best restaurants.

4 Race Car Driver

What makes it cool: Speed is sexy, but it's really the element of danger that makes the likes of Michael Schumacher or Marlon Stockinger so irresistible to women.
DIY version: If you're not ready to risk your car (or your life) barreling at breakneck speeds, take up go-karting as a hobby instead.

5 Writer

What makes it cool: Men who have a way with the written word tend to impress girls because they can make anything bland sound like God's greatest gift to women. But hey, don't take it from us!
DIY version: Begin your career as a writer by downloading the Day One app for Apple or the Journal app for Android. Practice.

6 Mixologist

What makes it cool: Mixologists focus on crafting the perfect cocktail. It can sound a little pretentious, true, but then again it gets women curious enough to ask them about it.
DIY version: Swap your usual rum and cola for Cointreau cocktails.

7 Doctor

What makes it cool: They save lives and have "steady" hands.
DIY version: Learn the basics at the Red Cross. You never know when you might have to give a hot babe mouth-to-mouth resuscitation.

8 Pilot

What makes it cool: Women love a man in uniform, and pilots sure hit the spot. Aside from the obvious travel perks, their training makes them equipped to fly large planes, making women wonder just what else they can handle at 30 thousand feet.
DIY version: The perks of being a pilot may actually be worth going to aviation school for. Pray you have 20/20 vision.

9 Senator

What makes it cool: Some women are attracted to power—a privilege that members of the senate, with their authority to pass bills and conduct formal investigations may or may not enjoy.
DIY version: Get involved in inter-office politics and position yourself as a decision maker. *Barong*, optional.

10 Athlete

What makes it cool: Women can't resist players. On the court, they display all the attributes they want in a man: agility, the ability to make passes and, you know, hand-eye coordination.
DIY version: If you've got game, it's easy enough to score with your dream girl. Invite her to watch you play, and for heaven's sake, win.

YOUR FEBRUARY FIELD GUIDE

Nine ways to enjoy the 'love nest' experience even further



FOR FRUSTRATED DRAGON SLAYERS

1 ROLEPLAY KNIGHT-AND-COURTESAN

If waiting for the latest season of *Game of Thrones* puts you in a medieval mood, ride your steed to Victoria Court's Throne Suite. Where you can: a.) Feel like king of the castle; b.) Incorporate *GoT*-inspired rom in your repertoire; c.) Let her show allegiance through a performance of un-queenly acts in your honor.

2 THROW A CLASSIC STAG

FOR GROOMSMEN ON A MISSION

Motels aren't reserved for one-on-one hot sessions of carnal cravings. They cater to groups as well. Most motels offer packages for a groom's entourage wanting to make the most of their (soon-to-end) single lives. Hiring strippers, however, is your prerogative.

3 RIDE THE S&M HYPE

FOR YOUR GIRL'S CURRENT OBSESSION WITH MR. GREY

Fifty Shades of Grey the movie premieres this month, and what better way to celebrate its release than by taking a trip down the bondage rabbit hole via VC's Fifty Shades Suite. Complete with whips, chains, and swings, it caters to couples unafraid of exploring dark sexual desires.

4 GET TOLD: 'YOU'RE A PERFECT SINGER'

FOR BIRIT KINGS

Whether your jam is Frank Sinatra, Basil Valdez, or T-Swizzle, there's no reason not to shred your lungs crooning at your local hideout. Videoke machines have become a staple at motels, so why not take advantage? It's the cure to all your sexual anxieties.

5 SHOOT A MUSIC VIDEO

FOR ASPIRING DIRECTORS, OR ANYONE WITH A VIDEOCAM

Shooting a stellar music video usually needs prime location spots. Now that motels have not-so-shabby suites that can both transport you back in time and forward into the future, with telegenic furniture and fixtures, capturing your rockstar moments are as easy as coughing up taxi room rates. If you still can't afford it, promise them primo camera time and some dinero should you hit it big in the charts.



FOR GENIES GRANTING SENSUAL WISHES

6 OUTSHINE CHRIS HEMSWORTH

Asgard is the home of every female's favorite lothario super-god, Thor. And since you don't look like recently dubbed Sexiest Man Alive Chris Hemsworth, might as well treat the ladylove to a Marvel experience, courtesy of VC's Asgard Room. Complete with lavish gold interior, a hot tub, and a fit-for-the-movies lightning special effects feature, you can hammer away and be the thunder that rocks her loins.

FOR MARVEL GEEKS IN THE SHEETS

7 HAVE A TEMPO-HAREM

Don't feel sick in the head if you've ever wondered what it would be like to have a roll in the sack with a Disney princess. It's normal, bro, and the existence of a Princess Jasmine Suite is proof of this (twisted) reality. With its opulent design that harks to Arabian nights, your girl will be sure to rub your lamp come sexy-time. Magic carpet ride, included.

8 YOLO THE NIGHT AWAY

FOR DIY RAVERS

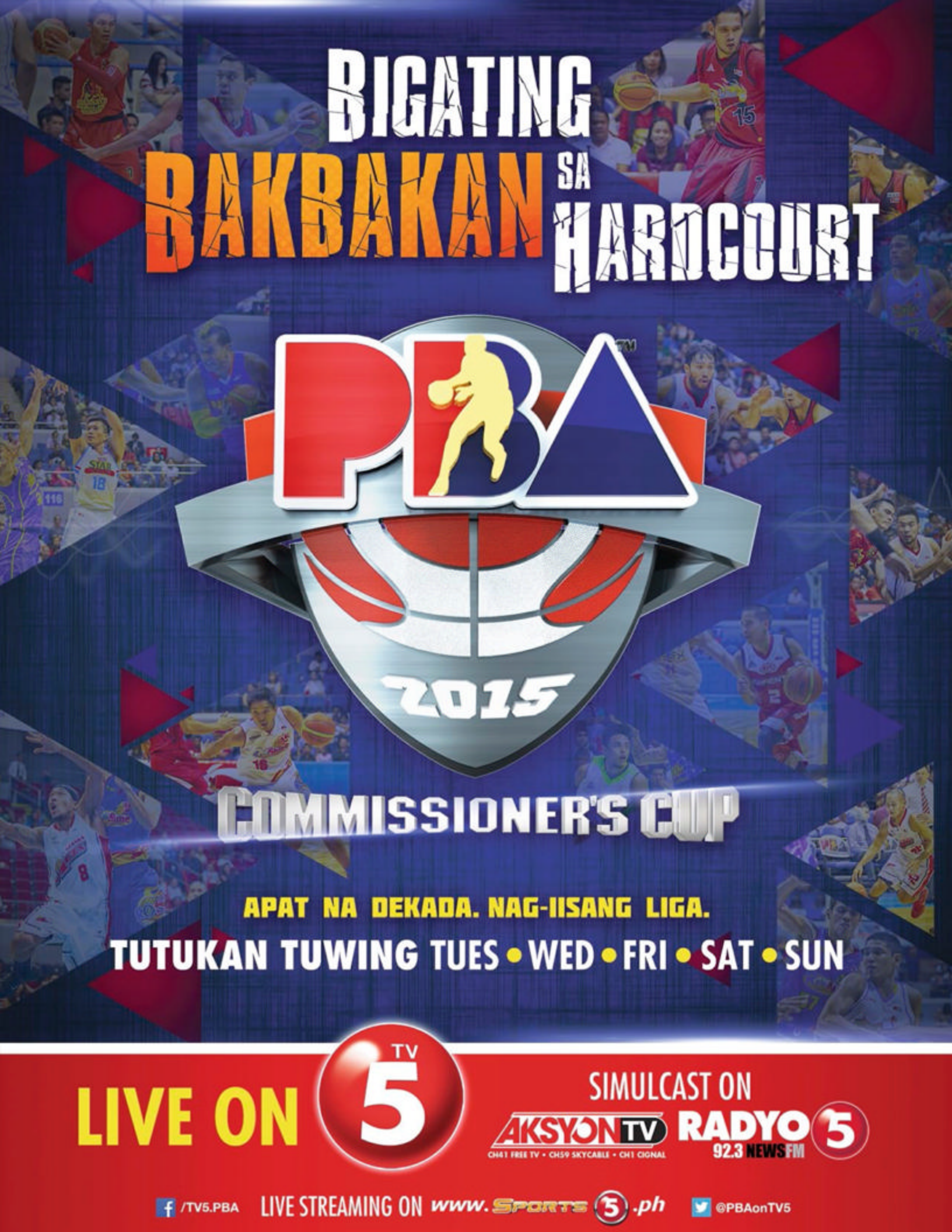
Victoria Court's Party Beyond Ordinary campaign for 2015 urges you to keep the YOLO-ing indoors to not wake the neighbors. Their Superthematic Party Suites can house a maximum of 60-70 people, while outdoor party areas can hold 150 to 300 pax with rooms for those that want to party and not drink and drive. Food, drinks, and entertainment provided. All you need to do is bust out the glow sticks!

9 GET ACQUAINTED WITH THE STUDENT BODY

FOR COLLEGE KIDS

Assuming you're of legal age, wrangle all your classmates for a long night of remedial testing for that killer exam. The motel can also be a house of studious and productive endeavors. If something wonderfully unexpected occurs sometime in the course of the night, then hey, that'll be your new reason for reviewing Calculus.

WORDS: ANTON D. UMALI


BIGATING
BAKBAKAN SA HARDCOURT
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LADIES' CONFESSIONS

They let you in on where all the magic happens. Exhibit A: the sofa...

'BEST LUNCH BREAK EVER'

My boss and I have been flirting with each other for months now. It started because our officemates knew I had a big crush on him, until it led to texting and casual hanging out. This one time we had lunch, he jokingly asked if we could go somewhere hidden to do naughty stuff. I just went with the joke and agreed. So after lunch, we went for a drive and I was surprised that he took me to a motel. I got nervous, but I have to admit that it got me excited. When we got to the room, he was even being romantic. He held my hands and kissed me gently on the cheeks and forehead. Then when he noticed that I was slowly loosening up, he got aggressive and more sensual. I actually liked it. He stripped me naked and started on my breasts. He enjoyed licking them and gently biting my nipples. I was so wet, so I rode him and every stroke felt warm and good. I made sure not to be the shy employee anymore and let out my wild side for him in bed. After the first round, I teased him by giving him a handjob until he was ready to insert his dick in my hole again. Every time he would come he couldn't help but let out moans and say "*Ang galing mo pala*" once in a while. It was the best stress-reliever and lunch break ever. We still do it every time workload is light.

MaraLee via email

DUDE COMES ON TIME

My boyfriend usually visits me at home. My parents permit him to stay only until 9 p.m. though. He came over one night when my parents weren't home and my sister was sleeping in the bedroom upstairs. We were watching TV in the living room and, as it was nearing 9 p.m., I got up to turn it off. As I was about to stand up, my boyfriend embraced me from behind. It was sweet at first, but then he started getting kinky and started feeling up my boobs. I signaled for him to stop because my sister might get up and my parents might arrive any minute. "*Kahit* quickie *lang sa* sofa?" he asked. We sat down and he slipped his hand into my boxer shorts. I put a pillow on my lap while he did work inside my underwear. He started rubbing my clit, which made me slide down the sofa in so much pleasure. I couldn't believe he made me come without his shaft inside me. He was that good. I really wanted to return the favor, but I initially thought it was too risky. When I was telling him to go, he made a puppy face and told me if I could give him head. Not the type to disappoint, I knelt in front of him and pulled down his pants. I was surprised to feel his hard-on. I knew he was really excited so I swallowed right away and did my best to pleasure him. After he came, he teased me about giving him *pabaon* before he went home. Five minutes after he left, my parents got home. What luck!

GoodGirl, via FHM Bullboard

'Kahit quickie lang sa sofa?' he asked. We sat down and he slipped his hand into my boxer shorts...

MODEL: PATTY CERVANTES; STILLING, DEBRA BERNALES; MAKEUP: AMANDA PADILLA OF AT EAST | JED ROOT; PHOTOGRAPHY: JERICO MONTEMAYOR

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ALWAYS HERE TO LISTEN, LADIES!

Keep sending your escapades to fhmladiesconfessions @gmail.com

COUPLE BURNS DOWN THE HOUSE

My boyfriend and his family moved to a new house in Sta. Rosa. The house was still a mess when I saw it. My boyfriend and his family were still in the process of transferring things from their old house, and getting some brand-new furniture.

One night after my 4 a.m. work shift, my boyfriend fetched me at the office and hurried me home since he had it to himself that day. He told me we should do it on their new sofa. I sat on top of him, grinding on his dick until he got a hard-on. We fucked and licked each other, and even sucked each other's privates. I was moaning loudly and it felt good not to try toning it down since we were alone in their house. We were happy we were able to do it all-out after a long time. *Nabinyagan ang bahay nila*!

Lesterchic, via FHM Bullboard

SEXTAPE SPARKS FURY

My boyfriend works abroad, and comes home to Manila every six months. One time his family asked me to join them in picking my boyfriend up at the airport. I had to sleep over at their house because his flight was arriving early in the morning. He lived with his sister, his brother, and two cousins.

When I got to their house, my boyfriend's brother and cousin asked if I wanted to watch a movie. So I just went up to their TV room and watched with them. When his brother played the movie, I was shocked to see my boyfriend having sex with another girl. I couldn't believe it! My boyfriend made a sextape and it wasn't with me! I wanted to get angry, but in fairness to their moves, it turned me on. When I looked at his brother, he was staring at my breasts because I was wearing a see-through top with a black tube under it and no bra, and he was having a hard-on. I wanted to leave because it was getting awkward but his cousin grabbed my breasts and started licking my ear. His brother joined in and started kissing my lips. Honestly I was scared at first, but a few seconds later I was starting to like it. They took turns banging me and it felt really good. His brother even licked my pussy while I gave his cousin head. It was a good hour in the TV room, I think. A few days after that, my boyfriend confessed about his sextape. I had to act innocent. I'd had my revenge anyway.

Big_one, via FHM Bullboard

MEANWHILE, IN LADY PARTS I.Q.

"Super wet" doesn't always mean "super horny." But it could mean "super fertile."

Basically, cervical mucus is secreted from her punani in monthly cycles—just like menstruation—when she's ovulating. Cervical mucus is a clear to opaque slippery liquid that runs from her vagina, that can easily be mistaken for signaling pleasure, when it just means her egg cell is ready for the big bang.



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ACCESS

FEBRUARY 2015

YOUR MONTHLY VIP PASS

01 Unless you want to feel wildly incompetent as a lover, skip it.

02 You're basically going to endure 90 minutes of what is essentially *Twilight* fan fiction.

03 Because if you wanted to watch a film about BDSM you'd go to spankwire.com.

04 Because the reviews will undoubtedly be more entertaining.

05 You actually respect yourself.

06 Even though your girlfriend/date asked you to, she'll secretly end up resenting you for it.

07 You don't need another thing to add to your "Things I'll Take with Me to the Grave" list.

08 A root canal would be more enjoyable.

09 To keep in your arsenal of Things You've Never Done for a round of Never Have I Ever.

10 You might be so traumatized by the experience you'll never return to a movie theater again.

11 You don't completely hate yourself just yet and you'd like to keep it that way.

12 What if you die after watching it? Do you really want *Fifty Shades of Grey* to be the last film you'll ever see?

13 What if you end up liking it?

The BDSM fantasies begin in theaters on February 11!

- Shouldn't see

- Should see

02

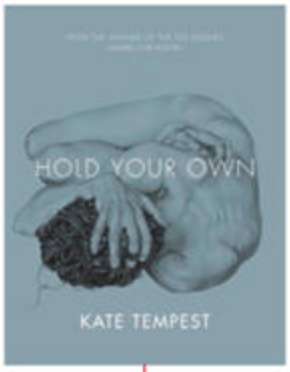
BOOKS

NO HAIKUS HERE

IN THIS MONTH OF LONELY HEARTS, POETRY IS THE PATH INTO THAT LIT-LOVING HONEY'S PANTS

WORDS; CHIARA CUI

GETS HER ATTENTION



Hold Your Own
Kate Tempest
Based on the Greek mythical figure Tiresias, the blind prophet, this collection of poems follows him as he transforms from man to child to woman and back again. It's an ambitious and multi-voiced work that holds a mirror up to contemporary society and forces it to confront the very issues it chooses to ignore.



01

FILM

A BIT IFFY OVER *FIFTY*

***REASONS YOU SHOULD AND SHOULDN'T SEE THE MOM-PORN THAT IS* FIFTY SHADES OF GREY**

01 Your girlfriend has begged you to watch it with her, and unfortunately for you: no *Grey*, no play.

02 Sam Taylor-Johnson (director of John Lennon biopic *Nowhere Boy*) is behind the lens.

03 The love spawn of '80s power couple Don Johnson and Melanie Griffiths plays Anastasia.

04 Your moves have started getting stale and you could use a refresher course on how to woo your lady.

05 Patrick Marber, who wrote the play *Closer*, wrote the screenplay.

06 To satisfy your own sick, masochistic sense of curiosity.

07 To show solidarity with other men who've been forced to watch it.

08 "But I watched *Fifty Shades of Grey* with you" will now be your argument winning statement for your SO.

09 You will seem earnest and genuine when compared to the cheesiness spewed in this film.

10 It'll make up for any recent shitty behavior.

11 It's just a fucking movie. You'll get over it.

12 You actually secretly kind of want to?



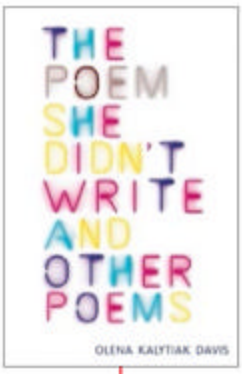
INHERENT VICE

Director: Paul Thomas Anderson
Cast: Joaquin Phoenix, Josh Brolin, Katherine Waterston, Reese Witherspoon, Owen Wilson, Benicio del Toro, Jena Malone, Maya Rudolph
What it's about: Based on a novel by Thomas Pynchon, the film centers on Larry "Doc" Sportello, a boozed-up and perennially stoned private investigator whose newest case involves the disappearance of his ex-girlfriend's new boyfriend, a real estate tycoon named Mickey Wolfmann. It's set in the 1970s in drug-fueled Los Angeles, where Doc must navigate a hazy world of surfers, stoners, and crooked cops to get to the bottom of the case.
Why you should watch it: It's a cross between *Fear and Loathing in Las Vegas* and HBO's private-eye comedy *Bored to Death*. Radiohead's Johnny Greenwood scored the film.

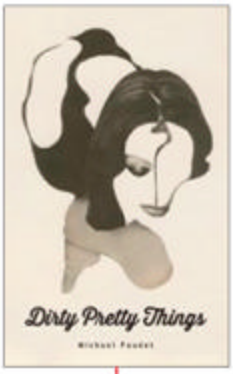
The pot-smoking sleuth enters the cineplex on February 18

WORDS: CHIARA CUI

Lullabies
Lang Leav
Though she may have started as a minor Tumblr celeb, Leav has garnered acclaim reserved for true talents. *Lullabies* is a follow-up to her best-selling debut, *Love & Misadventures*. Her evocative poetry is delivered with heartbreaking simplicity and it's won her some ultra-devoted fans all over the world.



The Poem She Didn't Write and Other Poems
Olena Kalytiak Davis
At its core, it's a breakup book, one poet's attempt at both seducing and repelling a lover whose wavering affections provoke introspection and confessional directness. It addresses lost love, sexual violence, and the trappings of ageing in romance.



Dirty Pretty Things
Michael Faudet
This collection of lit from poet Lang Leav's boyfriend, Michael Faudet, tackles all the complexities involved in adult relationships with whimsy and a touch of eroticism. Through selected works of poetry, prose, and short stories, Faudet weaves tales of heartbreak, sex, and love with beautiful intricacy and vividness.

GETS HER TO REMOVE HER PANTIES



FILM

Q: WHY IS PT ANDERSON THE COOLEST DIRECTOR OF HIS GENERATION?

A: **He has never made a shitty movie**

1996 Hard Eight
Debuted at the 1996 Cannes Film Festival, it was the film that launched his career and established him as a filmmaker to keep an eye on.

1997 Boogie Nights
Anderson's breakout film that was both a critical and commercial success. It revived the career of Burt Reynolds and established Julianne Moore and Mark Wahlberg as more than competent character actors. It received three Academy Award nominations including Best Original Screenplay.

1999 Magnolia
After the film was released, Anderson called it "the best movie I'll ever make." The film was another critical success and earned Tom Cruise an Oscar nom for Best Actor in a Supporting Role.

2002 Punch-Drunk Love
Anderson won Best Director at the 2002 Cannes Film Festival for the film, which provided Adam Sandler a much-needed departure from his usual lovable buffoon comedy schtick.

2007 There Will Be Blood
Widely regarded as one of the greatest films of last decade. It gave us the always quotable, "I drink your milkshake!" And for that, we are thankful.

2012 The Master
Proving once again that everything he touches turns to cinematic gold, Anderson bangs out another masterpiece with *The Master*, which nabbed another three Academy Award nominations for acting.



RELAPSE!

Better Call Saul is the perfect antidote for your *Breaking Bad* withdrawals
This highly anticipated AMC series chronicles the trials and tribulations of Saul Goodman, criminal lawyer and future legal fixer upper for one Walter White. In this *Breaking Bad* spin-off prequel, Goodman (Bob Odenkirk) is front and center, giving us a look at his pre-Blue Meth life as he becomes Albuquerque's premiere strip-mall lawyer.

Need more Odenkirk?
For a crash course on all things Bob Odenkirk, check out his cult hit show with comedy partner David Cross, *Mr. Show with Bob and David*.

Shady lawyering begins on February 8!

03

TELEVISION

BAD BOYS CLUB

TWO OF TV'S MOST NEFARIOUS SNAKES COME BACK FOR A LITTLE SLEAZE AND EASE VIEWING

F.U.!

5 Quotes to Prove You Shouldn't Mess with House of Cards crony Frank Underwood

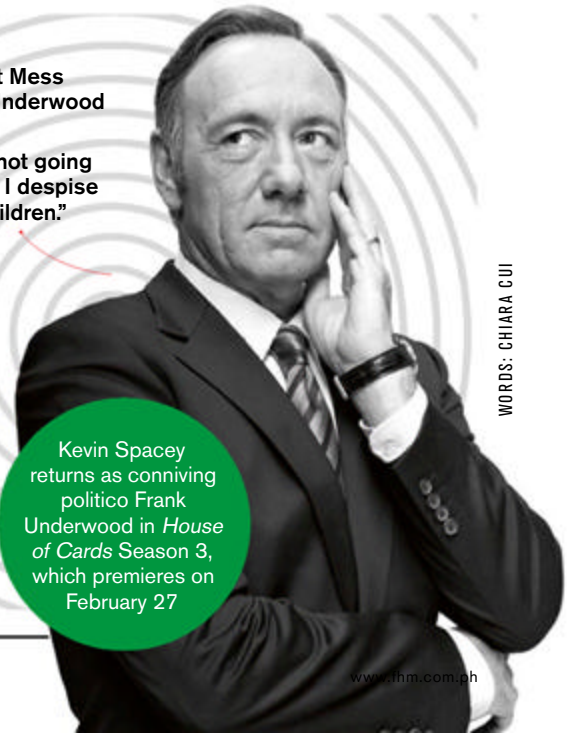
"Did you think I'd forgotten you? Perhaps you'd hoped I had."

"When the money's coming your way you don't ask any questions."

"I'm not going to lie. I despise children."

"The only thing more satisfying than convincing someone to do what I want is failing to persuade them on purpose. It's like a do not enter sign—it just begs you to walk through the door."

"In Gaffney we had our own brand of diplomacy. Shake with your right hand but hold a rock in your left."



Kevin Spacey returns as conniving politico Frank Underwood in *House of Cards* Season 3, which premieres on February 27

WORDS: CHIARA CUI

04

GAMES

SEX IN VIDEOGAMES? YES, PLEASE!

THE WITCHER 3: WILD HUNT *AND THE ULTIMATE 'WHO WOULD YOU RATHER?'*

WORDS: ASH MAHINAY



Play it on PC, PS4 and XBONE

Skyrim's make-your-own-protagonist works for and against it: It makes the world totally your own to shape, but having a defined backstory and an actual personality (not to mention a voice) gives a very different sort of immersion. If you prefer the latter, then playing as *Wild Hunt*'s white-haired monster hunter Geralt is the game for you. Another thing that may interest you is the love triangle that awaits our lady-killing protagonist—the series is infamous for its sex scenes after all! A difficult choice awaits…



Yennefer of Vengerberg

PROS
- True love of your life before you became an amnesiac
- "Mother" of your adopted child, Ciri
- A powerful sorceress
- 1/4 elf, which is always hot



CONS
- Rumored to be attractive because of some magical interference a la medieval plastic surgery
- Also an amnesiac, by the way

Triss Merigold

PROS
- Hot feisty redhead
- Also a powerful sorceress
- Trusty adventuring (and sex) companion during the first two games
- Real-life *Playboy* cover



CONS
- Also Yennefer's friend
- *Kabit* factor because you did used to be married to Yennefer



FLINGS AND THINGS

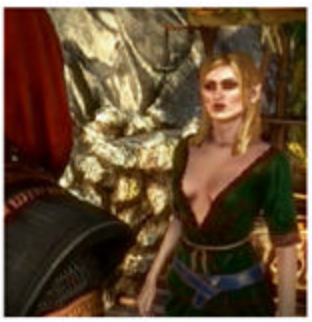
Damn it feels good to be a Witcher…



Ves
Elite soldier who lets you bed her after taking her seriously as a warrior and beating her in a duel? Kinky!



Succubus
Side with her when she gets framed and she rewards you in a rather obvious manner (hoofed feet and all)!



Mottle
Rescue her from her captors and she rewards you in a way we wish all girls did after doing them favors!

05

MUSIC

THE NEW OLD SCHOOL OF ROCK

PESO MOVEMENT'S FAMILIAR FACES GIVE LOCAL ROCK 'N' ROLL A FRESHER TAKE





THE GENTLE SOUND OF CHAOS

Coming out of prime Pinoy band Rivermaya, guitarist Japs Sergio wanted to take a break from the music scene. But as with all dedicated artists, coming back to songwriting and music production was inevitable. This 12-track album was written, composed, and arranged by Japs himself before getting Kurt Floresca, Francis Reyes, and Macky Macaventa to play his brainchild as a band. After countless jamming sessions to perfect Japs' style, the band came out with their own brand of dirty rock. More guitar-based and leaning on aggressive riffs, Peso Movement is your go-to band for dirty, eargasmic rock 'n' roll.

We think we're missing some guys in the lineup...

Japs [Sergio; guitar, vocals, bass]: Officially, three-piece band *na lang kami* with Kiko [Reyes; guitar, backing vocals]. Our former bass player, Macky [Macaventa], went full-time with another band. *Meron kami ngayong* regular session player, *si* Lui [Rodriguez].

You all come from established bands before coming together as Peso Movement. Was it easier for you in terms of production?

Japs: *Gumawa ako ng mga* stuff *na trip-trip lang* for me, and ended up becoming my solo project. I went under the name Japsuki. In between, *inisip ko* was to either go solo or form a band. So *gumawa ako ng ibang* stuff, *bumili ako ng bagong* amplifier. Eventually, *dahil dun sa* amp *na yun mas* guitar-based *yung* mga ginawa kong *kanta. Mas* rock *yung gusto kong* sound. So *naimbitahan ko sina* Kiko, Macky, and Kurt. *Mahabang proseso ng* jamming *yun kasi* they had to learn what I did.

Was introducing your style to fellow veteran band musicians difficult?

Japs: In terms of sound, *sinabi ko na sa kanila na buo na siya.*

Kurt [Floresca; drums and percussion]: *Akala ko madali lang, para ka lang nagko-cover eh. Pero nung sinusundan ko na, mahirap pala.* I needed to unlearn *yung mga bagay na alam ko na.*

And how would you label that familiar sound?

Japs: Dirty rock. *Mula umpisa, yun na yung* term *na ginamit ko. Ang hirap i-explain ng* meaning *eh...* but essentially it's just rock. I think our music is aggressive, *pero hindi naman* hardcore and metal.

Kurt: And *kaya namin ni-label na* "dirty," *kasi sa panahon ngayon, merong* tendency to fall under the trappings of modern technology. *Masyadong malinis na, kasi* everything is digital.

Japs: *Ayaw namin ng* overpolished sound.

Don't you feel the need to keep up with today's digital music?

Japs: *Yung* sound, definitely *wala siyang* intent *para makisabay sa* trend. But at the same time, *walang* conscious decision to go against the flow. *Nasa* point *kami ng* career *namin na nagawa na namin yung sobrang daming* compromise in order to please a lot of people, ngayon we want to please ourselves first.

Kurt: *Mas* practical and realistic *na lang kami ngayon as* artists.

'I think our music is aggressive, pero hindi naman hardcore and metal' - Japs

Does the band have this pursuit of patriotism thus the band name?

Japs: *Nung inisip ko yung* band name, *wala pang banda.* Ha ha! *Inisip ko yung* favorite band *names ko*: Joy Division and New Order. Yung favorite song ko by New Order is "Movement." *Sa* album cover *nun, may* illustration *na parang* letter P. *Gusto ko sana na* something that would speak Pinoy, *kaya nakuha ko yung* Peso. So very progressive *yung dating.*

You've been around the industry for a while now. What's the next move for the band?

Kurt: *Hanggang kaya pa ng tenga. Yun naman yung magpapahinto sa mga* musicians eh. *Sa ngayon, gagawin ko 'to forever.*

Japs: *Hangga't andun pa yung passion, kaya* priority *namin yung masaya kami sa ginagawa namin.* **FHM**

INTERVIEW: PONG CASTILLO; KURT & JAPS PHOTO: PAUL MONDOK

SCHICK XTREME 3 *Up for Adventure*

Whether it's an impromptu *barkada* out-of-town trip or a weekend's worth of exploring the great outdoors, adventures call for you to look your finest. Schick Xtreme 3 can help make sure you've got the look you want—whatever the circumstance and whenever the opportunity arises. Its three blades help deliver a close, comfortable shave with less irritation.



PICKING OUT A RAZOR IS LIKE CHOOSING A WEAPON TO WIELD—GRAB SOMETHING THAT SUITS YOUR SKIN, STYLE, AND SHAVING SAVVY

Right on The Razor

Schick

SCHICK QUATTRO TITANIUM FREESTYLE *Easy, Breezy*

The Schick Quattro Titanium Freestyle Trimmer is as easy-to-use and dependable as a waterproof shaving tool can get. A laidback guy needs a relaxed, yet defined cut, so allow the razor's four titanium blades to shave and edge. Just count on the blades to do their job and worry about nothing else. Aside from doubling as a trimmer, the Quattro Titanium Freestyle has a pivoting head and an edging blade for flexibility, plus a lubricant bar that is specially formulated with aloe, vitamin E and vitamin B5 to provide glide and help minimize irritation. Next time you want to go for that quick, carefree shave, you know what razor to use.



SCHICK EXACTA 2 *Slick, Smooth, Sharp*

Suave and sleek are qualities women respond to. They're also qualities you should look for in your razor. The Schick Exacta 2's one-push clean cartridges, twin blades, pivoting head, no-slip rubber grip, and rubberized handle, and a special built-in lubricating strip are key features that all contribute to a smooth close shave. Think of the Exacta 2 as the razor you reach for before you ask a lovely lady out for dinner.



SCHICK SHAVE GUARD *Shield your skin when you shave!*

Your skin trusts you to make the right decision when it comes to keeping your face spotless. However, your shaving routine challenges this expectation. If you think shaving with just water as your main lubricant is enough, you'd better think again.

To help prevent irritation and dryness, choose Sensitive Lime Foam or Sensitive Aloe Gel. Their aloe, moisturizing agents, and gentle formula with refreshing lime fragrance help soothe and protect you from razor burns. A real man pays attention to detail in everything he does, especially with his everyday grooming rituals.





Special thanks to

Maurice and Gail Laude,

Francis Jeffrey T. Simon of Zhrums Fitness Hub,

Extraordinail,

Hairshaft Salon,

Fitness Gourmet PH,

Skechers



Photography: Jake Verzosa
Words: Ash Mahinay

SPECIAL TREAT

Aiko Climaco makes us want to solo her forever!

Styling: Badj Genato for badjswimwear.com
Makeup: Amanda Padilla of At East | Jed Root
Hair: Rhoy Cervantes for L'Oreal Professionnel


AIKO

Blackwater

Christian Bautista
Model/Actor/Endorser



P80
50ML

Waiting for your date tonight? Dress smart and keep smelling fresh with a spritz of **Blackwater Men's spray**. With 4 different scents to fit your style and in handy, easy to carry bottles, you will surely captivate her heart.

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Aiko Climaco has an unusual way of putting people at ease. While our video team was setting up for her interview, the *Banana Split* beauty suddenly asked us: "*Nahihiya ba kayo*?" before flashing a megawatt smile. Even with all our experience, we're not exactly sure how to answer a beautiful woman asking that. It didn't help that we were still a bit flustered from watching her slay a challenging photoshoot. We quickly gathered our nerves and replied, "No, of course not!" She then cheerfully told us not to worry, and we felt better at once.

However, it turns out Aiko still keeps a shy streak in her. "*Nahihiya ako*!," she'd say, looking away as she considers a question. What's a man to do except stop and apologize? So it was a surprise that as the interview progressed, it was she who was playfully grilling us. But we didn't complain; how often do you get cover girls willing to banter so naturally? How often do you get cover girls who can switch from girl-next-door charmer to unattainable knee-trembling-beauty in-a-swimsuit, so effortlessly? And if a self-proclaimed "shy" Aiko Climaco is already this good at winning our hearts, we can't wait to see what she does next.

Welcome back and congratulations on your first solo cover! How are you feeling right now?
Masaya and excited! And at the same time *ganun pa rin* answer *ko*, nervous *pa rin ako*.

We think you've been practicing in secret.
Grabe flattered *naman ako*, ha ha! Actually, *yung* preparation *ko* was *tignan lang yung mga* pegs. And then *pagshoot na, nakaka-relax ako* so okay *na—kaya ko siguro nagagawa nang tama*.

Did you enjoy being the undisputed center of attention compared to your first time around?
Enjoy *talaga itong* shoot, *pero* enjoy *rin naman yung* first *ko kasi may kasama akong* girls [*sina* Jef and Sunshine]. More on *kulitan yun*, *pero* this time *kasi nandiyan naman kayo lahat*, ha ha! *Uy*!

And your show is still going strong
Yes, ganun pa rin—*Banana Split Extra Scoop* every Saturday.

Since covering for *FHM*, have you been able to tap a whole new level of sexiness within yourself?
Actually, before, *ganun pa rin naman eh*—sexy *pa rin yung* peg *namin sa Banana Split. Medyo sanay na rin kami na magsuot ng* sexy, *hindi kasing* daring like *dito sa FHM*, *pero na-push naman namin. Na-push ko ulit ngayon*!

Did you have to psych yourself up?
Siguro kaya kong [*mag-cover* ulit] *kasi nagawa ko na nung una, tsaka medyo* confident *na ako. Kaya ko na*…[stops] *nahihiya ako*, ha ha!

Perhaps being such a seasoned dancer helped out?
Well, actually, *magkaiba yung* model and dancer. *Yung* model *kasi* more on posing *talaga di ba*, and *medyo mahirap. Pero kumbaga, na-a-apply ko yung pagiging* dancer *ko* when I'm posing for the camera and I have to move. *Nalalaro ko siya—may* flow.

And we also want to blame—no, thank—dancing for keeping you so fit.
Nag-diet talaga ako para sa shoot *na 'to*, ha ha! Intense, *sobra*!

Effortless posing, perfect body, and according to our trusty makeup artist, your skin is absolutely glowing. We agree. What's the secret?
Syempre Aiko Skin Reveal, ha ha! It's my new business, and I just started it last year. *Puro siya* beauty products, for whitening, and *pampakinis para sa* girls *na gusto magpaganda*.

What was your inspiration for coming up with your own business? Are you working with a partner?
It's my solo business *lang kasi sobrang hilig ko magpaganda, mahilig ako sa pampaputi* and everything *na pambabae. Sobrang* vain *ko talaga kasi*, ha ha! So *nag-isip ako: 'Anong* business *kaya ang pwede*?' *Mga* food business *marami na*. Clothing *marami na rin. Naisip ko* beauty *dahil* forte *ko naman ang magpaganda*.

We can't help but notice that women in showbiz have been taking charge and putting up businesses, sooner than before.
Kasi sa trabaho namin, hindi naman







forever *di ba*? You have to create a business *kung kaya mo. Para* at least *may* stable *ka nang pagkakakitaan* on the side.

We imagine a lot of our readers are suddenly interested in whitening products. Do you take a personal approach with your customers?

Most of the time *ako talaga yung kumakausap sa mga* customers through text—as long as *hindi ako* busy.

We're assuming, all girls?

Meron ding lalaki, ha ha!

Then do you turn on the charm to sell a product, maybe?

Siyempre sinasabi ko sa kanila yung totoo—kung ano'ng kailangan nila. But when they consult with us, *dinidirekta talaga namin sila sa mga* doctors. We make sure *na yung ibibigay namin, pwede talagang gamitin ng mga* customers.

How about for your on screen career? What's next?

Sana maka-solo, kasi syempre lahat gusto talaga yun.

What roles? You're proven sexy material after all.

Oo given *na yung* sexy *di ba*, so... drama, ha ha! *Pwedeng iyakan*, feeling *ko* forte *ko na yun*—I'm kidding, ha ha! *Gusto ko lang i-try ng iba, na hindi lang* comedy, *para mas lalo akong mahasa. Dun naman lahat dumadaan, kailangan pa-iba-iba ka ng ginagawa, para lalo kang mag-improve.*

Used to crying? Are you lonely this Valentine's maybe?

Valentine's? Busy *ako sa* business *ko*, ha ha!

We're going with you being single. How do we impress you?

Gusto ko yung may bonggang petals and red roses *na nakakalat sa sahig, and yung kahit saan ako maglakad may mga* surprise! *Gusto ko bongga kasi* since sweet *ako, gusto ko* sweet *din yung gagawin para sa akin.*

And how sweet are you exactly?

Secret! *Basta kung ano yung ginagawa ng lalaki sa babae, ginagawa ko rin! Parang magbigay ng* cake, *magbigay ng* flowers—*yun na yun*! Ha ha!

We also want to know, what do you do when you're not working so hard?

I like to stay at home, *nag-re-relax lang* and *nakikipaglaro sa aso ko*. I have three dogs *na* Maltese and Pekinese.

Do guys approach your dogs just to chat you up, or have you done the opposite?

No, never! *Pag interesado ako*? Shy type *talaga ako. Hindi ako yung ma-approach sa mga* guys—*hindi ko talaga ginagawa. Ako lagi ina-approach, may pagka-suplada ako* in that way.

But not to the extent of making yourself unapproachable, of course?

Hindi naman. Kasi parang awkward *lang talaga* if *yung babae mag-a-approach di ba*? *Yung magpa-pa-cute na* "Hey, whats your name?" *Gusto ko yung* normal *na lalapitan ako* and feel *na* feel *ko* long hair *ko*. Ha ha!

Which reminds us to mention your crowd-favorite long legs.

Ay, thank you so much! Favorite *ko yan, ito lang meron ako eh*, ha ha! *Maganda tignan ang matangkad sa* girls *eh.*

It also helps you literally stand out.

Oh *talaga*? *Grabe naman, nahiya tuloy ako bigla*, ha ha!

We get shy whenever you say that you get shy!

Kinakabahan kayo? [leans forward] *Bakit may* girlfriend *na ba kayo*?

It's natural that we get nervous, especially when talking to cover girls! How do we get over being shy like you do?

Kayo pano ba? *Kailangan masagot niyo ako diyan para masagot ko kayo*!

Self-belief?

Oo, korek! *Tama kayo diyan*, ha ha!

But where does self-belief begin?

Well, *hangang ngayon naman kasi* shy *ako. Naging mas* confident *lang ako sa ginagawa ko*—that I am capable of doing things. *Maraming naniniwala and nag-su-support sa'kin.* And *dun lumalabas yung* confidence *di ba*?

Is it about approval from others then?

Actually, *hindi naman talaga nag-mamatter ang* approval *ng ibang tao kasi* it's more of *sarili mo talaga. Nahihiya pa ba kayo? Ilang taon ka na ba*?

Err...

25 *na ako*! Virgin *pa kayo*?

No of course not, we are *FHM!*

Eh, kasi mahiyain kayo! Joke *lang*, ha ha!

And we believed you when you said you were shy, too! How experienced are you in...relationships?

Hindi pa ako experienced *kasi* 25 *pa lang ako*, ha ha!

AIKO












AIKO



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Condoms with raised pleasure dots for a more intense experience.

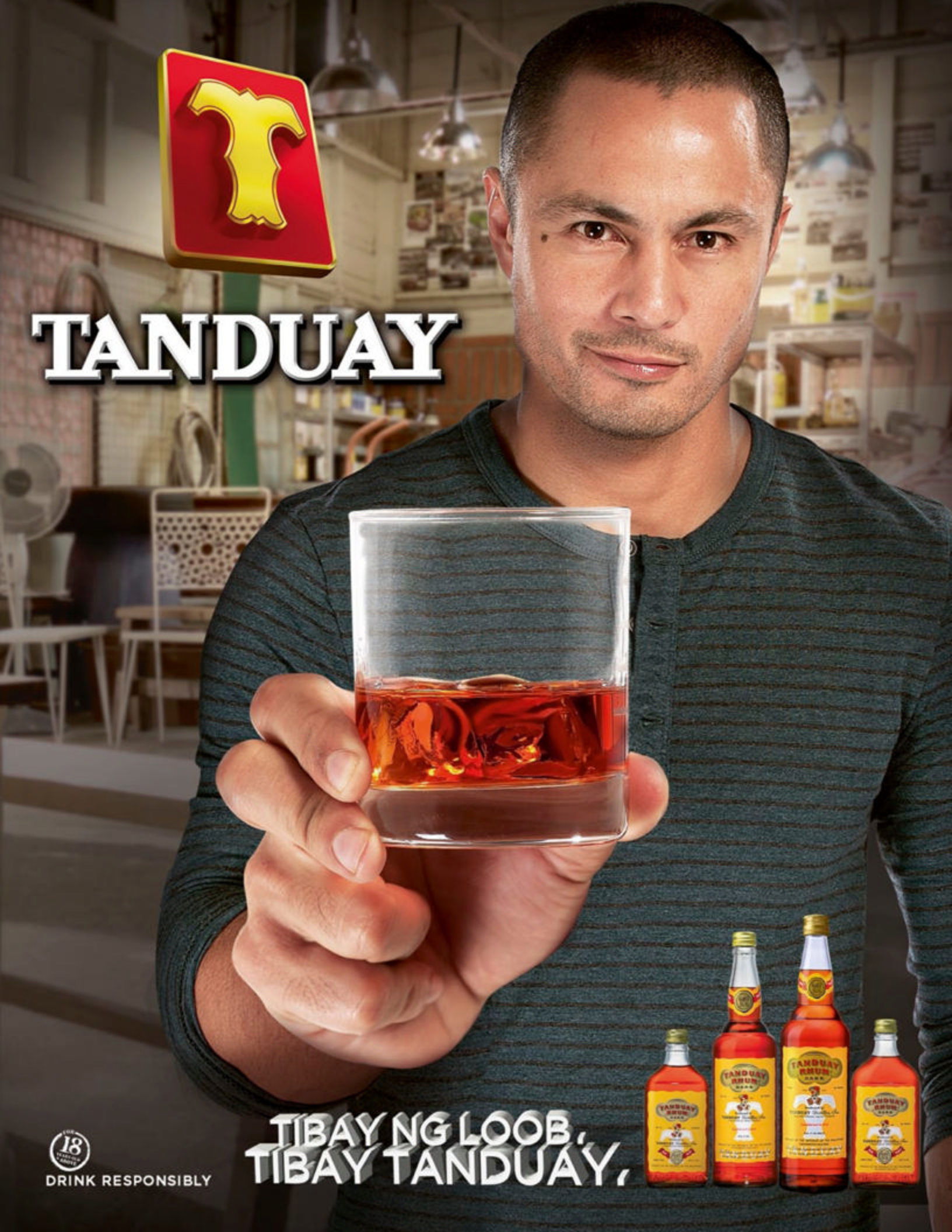
iko Climaco has an unusual way of putting people at ease. While our video team was setting up for her interview, the *Banana Split* beauty suddenly asked us: "*Nahihiya ba kayo*?" before flashing a megawatt smile. Even with all our experience, we're not exactly sure how to answer a beautiful woman asking that. It didn't help that we were still a bit flustered from watching her slay a challenging photoshoot. We quickly gathered our nerves and replied, "No, of course not!" She then cheerfully told us not to worry, and we felt better at once.

However, it turns out Aiko still keeps a shy streak in her. "*Nahihiya ako*!," she'd say, looking away as she considers a question. What's a man to do except stop and apologize? So it was a surprise that as the interview progressed, it was she who was playfully grilling us. But we didn't complain; how often do you get cover girls willing to banter so naturally? How often do you get cover girls who can switch from girl-next-door charmer to unattainable knee-trembling-beauty in-a-swimsuit, so effortlessly? And if a self-proclaimed "shy" Aiko Climaco is already this good at winning our hearts, we can't wait to see what she does next.

Welcome back and congratulations on your first solo cover! How are you feeling right now?
Masaya and excited! And at the same time *ganun pa rin* answer *ko*, nervous *pa rin ako*.
We think you've been practicing in secret.
Grabe flattered *naman ako*, ha ha! Actually, *yung* preparation *ko* was *tignan lang yung mga* pegs. And then *pagshoot na, nakaka-relax ako* so okay *na—kaya ko siguro nagagawa nang tama*.
Did you enjoy being the undisputed center of attention compared to your first time around?
Enjoy *talaga itong* shoot, *pero* enjoy *rin naman yung* first *ko kasi may kasama akong* girls [*sina* Jef and Sunshine]. More on *kulitan yun*, *pero* this time *kasi nandiyan naman kayo lahat*, ha ha! *Uy*!
And your show is still going strong
Yes, ganun pa rin—*Banana Split Extra Scoop* every Saturday.
Since covering for *FHM*, have you been able to tap a whole new level of sexiness within yourself?
Actually, before, *ganun pa rin naman eh*—sexy *pa rin yung* peg *namin sa Banana Split. Medyo sanay na rin kami na magsuot ng* sexy, *hindi kasing* daring like *dito sa FHM*, *pero na-push naman namin. Na-push ko ulit*



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TIBAY TANDUAY.
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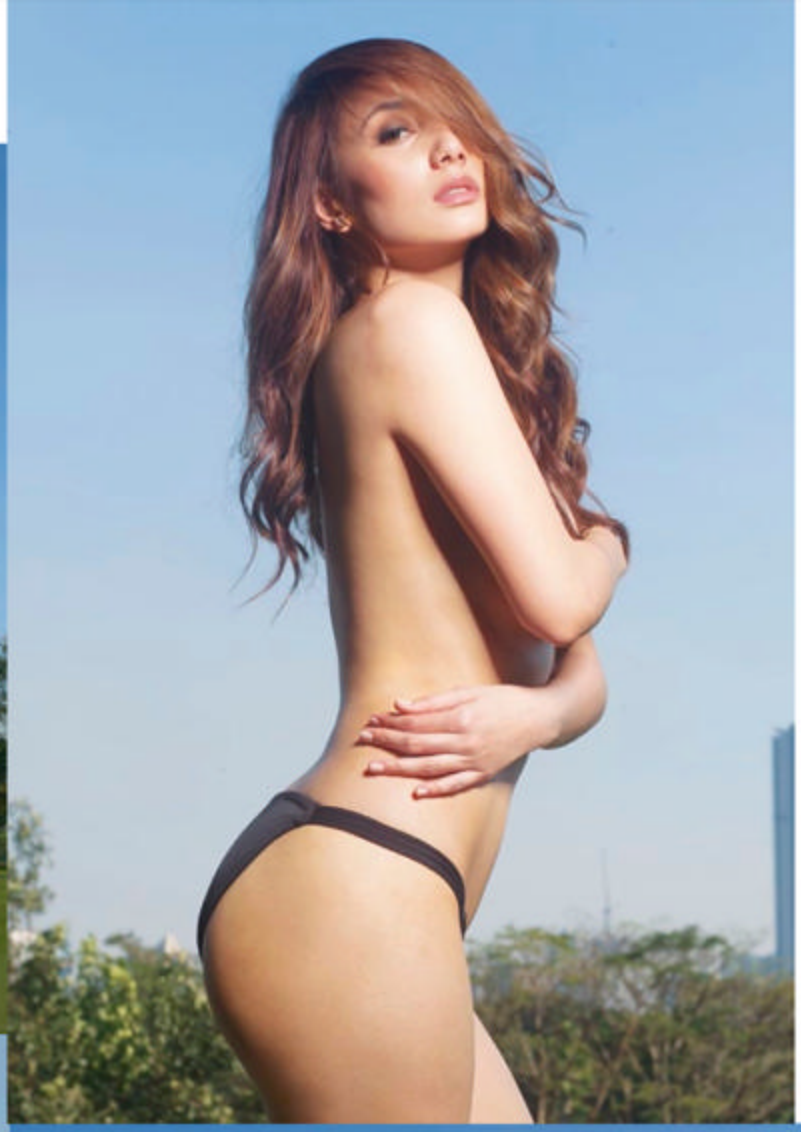
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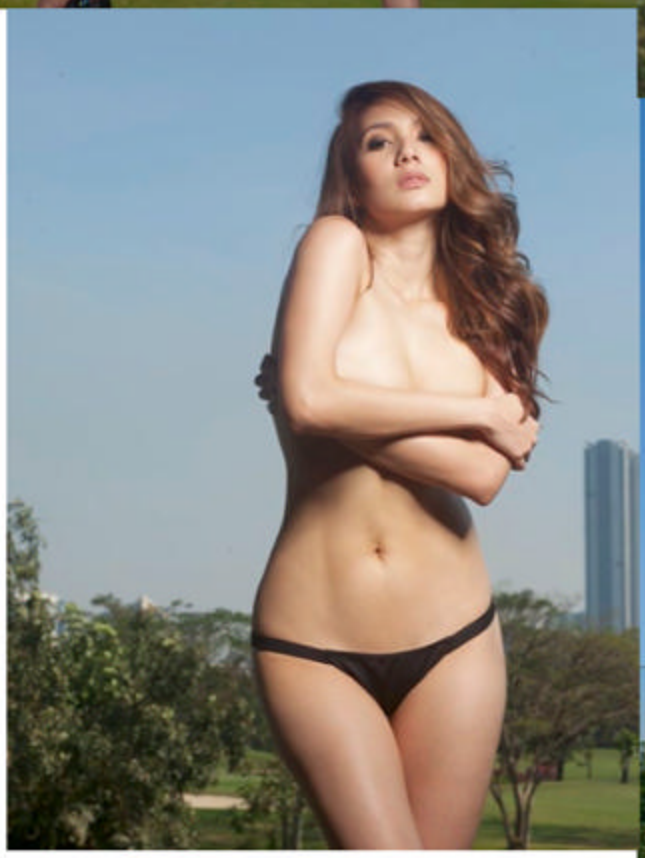

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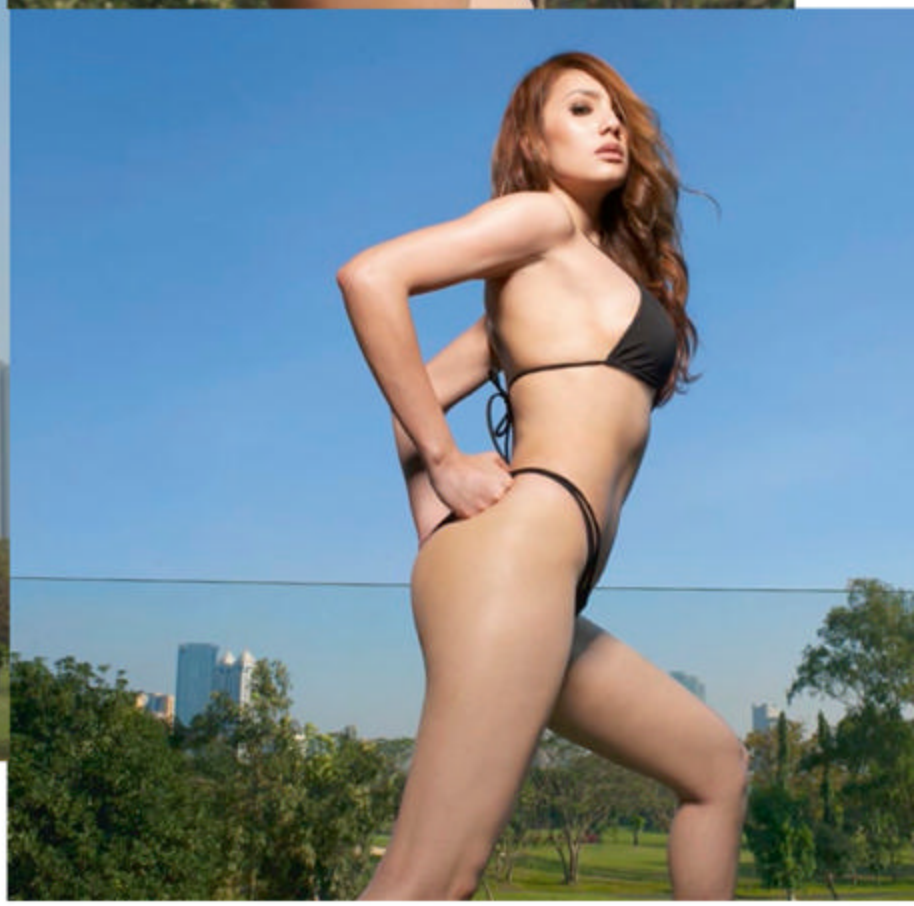


AIKO











MOVIE MUSCLE HEROES EXPOSED



Rocky downs a pint of raw eggs before pounding the shit out of the Philadelphia pavements

Can we trust Hollywood for solid fitness advice? FHM investigates…

PHOTO ILLUSTRATIONS: CARLO MAALA

1 WAS ROCKY BALBOA A BIG FAT FRAUD?

Sly Stallone's mumbly-voiced boxing hero gets ripped in five films across 30 years. But will aping his hardcore regimen get you a Rocky bod? FHM finds out...

• Chug some eggs

The boxing champ downs a pint of raw eggs before pounding the shit out of the Philadelphia pavements.

The skinny:

Tracy Santuyo, nutritionist: Eggs are an excellent source of protein but there's little added benefit to eating them raw. In their natural form they're incredibly difficult to digest, and eating them before a run will just upset your stomach. Try poaching them instead or, better yet, ditch them for porridge to get serious slow-release energy.

Verdict:

A perfectly viable protein boost to have just before your run providing you've got a stomach of steel and aren't averse to spewing gooey egg yolks all over your trainers. Cook to be safe.

• Get chopping

Stallone gets back to basics in Rocky IV, *shunning technology for a primal strength workout of chopping up a massive pile of firewood.*

The skinny:

Alex Callanta, Fitness Coach at 360 Fitness Club (completethecircuit.com): "This is great for rotationary power and strength. An alternative would be to slam a sledgehammer on a big tire. But mind you, this isn't for the faint of heart—doing this for 15 seconds work and 15 seconds rest for 4-8 sets will knock the wind out of you."

Verdict:

Every bit as good as a proper gym workout and 100-percent more badass.

• Take on the chicken run

An out-of-shape Rocky is ordered to chase a chicken around a pen to build up balance and speed in Rocky II.

The skinny:

Callanta: "What could be better than catching your own dinner? The sudden changes in direction of the chicken will make you move quicker. This will help you when you're trying to move away from a punch."

Verdict:

An insane old-school exercise that'll get you fit, but is highly impractical and will probably put you on the PETA's most-wanted list.

• Women weaken legs

Old-school trainer Mickey puts a sex ban on Stallone, claiming that women reduce your recovery time and make you weak.

The skinny:

Callanta: "Well, both true and false. True, sex can take time away from getting enough shuteye before the big game. False, because there is weak evidence to back up the effects of sex on performance. If you're the type of person that needs sex before a big day, then by all means have sex. But if you're the type of person who wants to focus on that big day, then just sleep. It may vary from person to person, but it's mostly psychological than biological. But, let's face it, win or lose, you still get to have sex."

Verdict:

Unless you're competing in a big event, you'll probably be okay to get your beak wet—just not *directly* before exercise.

• Run like you're flying

No Rocky *flick is complete without the* "Gonna Fly Now" *running montage across a gray Philadelphia sky.*

The skinny:

Callanta: "Well, 30 miles is 48.2km. A full marathon is 42km. That for me is pretty much trying to throw in the towel, especially before the fight. If it was months before the fight, then I would have told you, okay, *puwede pa*. Damage in the fibers of your muscles will be an understatement. Instead of running in a steady state, try doing interval running: two minutes jog, 30 seconds to one minute fast run for around 20 to 30 minutes. This will boost your cardiac output and at the same time improve your endurance. It will mimic the fight, in which the burst of energy is expelled in a short amount of time, and then rest."

Verdict:

A staple of any training regime that shouldn't be sniffed at. Just don't kill yourself if you're not training for at least a half marathon…

Get a knockout playlist to take it to the next level

According to super-scientific studies, music is proven to lower 'perception of effort' while working out, which basically means that even though your muscles will be burning, your brain won't even register it. In theory. Distract yourself through the burn with WBO boxer Frank Buglioni's top workout tracks…



Milky Chance
Stolen Dance
A persistent kick-drum and acoustic guitar combination with lazy hazy vocals that'll put your brain into workout autopilot.



Bakermat
One Day
Euphoric dance goodness wrapped round the inspirational words of Martin Luther King—for the bleakest part of your training.



Nina Simone
Sinnerman
Ten minutes of Simone's bluesy vocals over a piano line that has more momentum than a runaway train. Play when you hit overload.



TV on the Radio
Staring at the Sun
Dirty bass lines, falsetto vocals, and a syncopated drum beat that'll compete with your own exhausted heartbeat for one final push.



2 CAN YOU BOOZE LIKE BOND AND STAY TRIM?

He knocks back the drinks but still sports a six-pack. We explain how you can enjoy a 007-style tipple without worrying about messing up all your hard gym work…

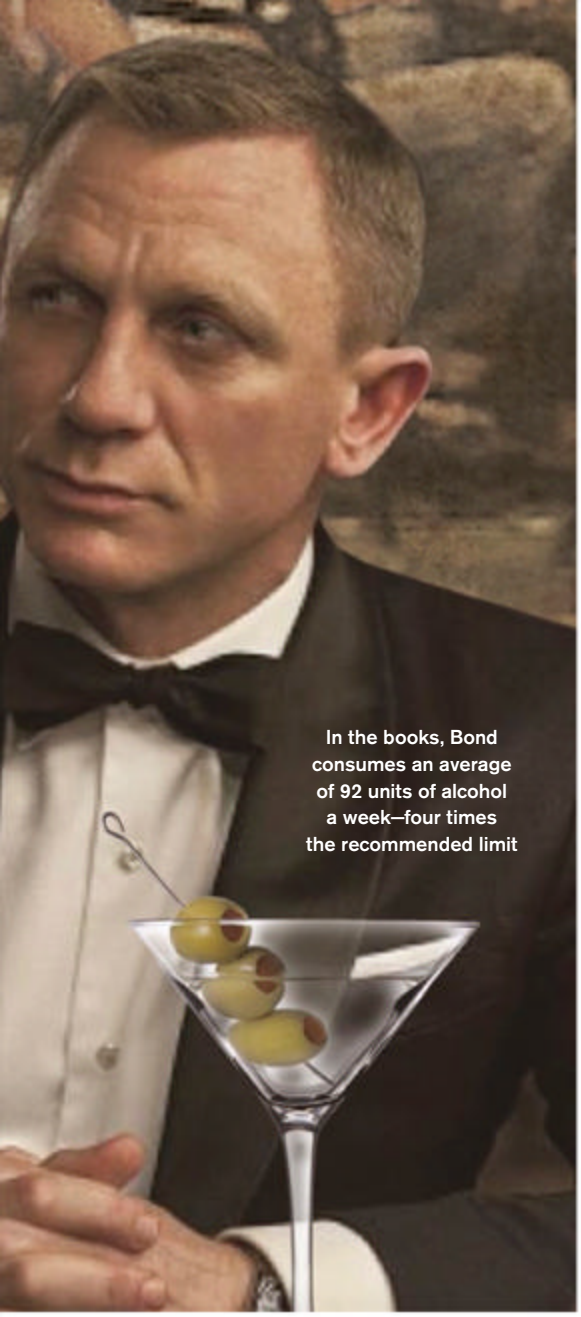
What kind of hangover is Bond going to be suffering after a vodka Martini binge?
Aside from the obvious effects on your mental ability and the headache you'll get, all alcohol is extremely aggressive to the stomach lining and liver. The stronger the alcohol you're drinking, the worse it is for you, and spirits are notoriously bad.

Other than a headache and reduced mental ability, what else will stop him from saving the world?
The other big issue with alcohol is the calorie content. A pint of beer alone has around 300 calories in it, so if you drink a lot, you'll get a belly quick, which isn't ideal for a super-fit secret agent.

What if he sticks to more slimming drinks?
A vodka and tonic would be easier on the waistband with just 60-80 calories, but you're compromising for a higher alcohol content that'd be even worse on the stomach. If Bond wanted to enjoy a boozy drink, his best bet would be to reduce the chance of piling on the pounds or ruining his stomach by avoiding weighty drinks like lager, and liver-damaging strong spirits, shaken or stirred.

WHICH BOOZE IS BEST?

- **Spirits**
  Calorie equivalent of two pieces of chocolate
  60 calories
- **Champagne**
  Calorie equivalent of three pieces of chocolate
  90 calories
- **Small red wine**
  Calorie equivalent of four pieces of chocolate
  120 calories



In the books, Bond consumes an average of 92 units of alcohol a week—four times the recommended limit

So what booze could Bond drink responsibly then?
Red wine is a good middle-ground because the anti-oxidants in it actually protect your insides from a lot of the alcohol's toxic properties. Champagne is also good, as it has fewer calories than normal wine due to the volume you drink and the size of champagne flutes. In theory it's a much more controlled and manageable amount so you wouldn't drink to excess.

Both drinks in moderation would stop you from ruining your figure and reduce the effects on your liver, while keeping an element of that James Bond class.

Beer
Calorie equivalent of up to 10 pieces of chocolate

240-300 calories



To keep his physique while filming, Nic Cage would pump weights between takes

3 CAN I GET PRISON-FIT CON-AIR STYLE?

Nicolas Cage is banged up for manslaughter and spends his hard time beefing up with a basic (yet gruelling) workout routine before battling a plane hijacking in the classic 1997 movie.

"Working out in prison can be beneficial for your fitness goals—but I'm not saying you should force yourself to be in that situation," says Callanta. "I'm just saying what more can you do in prison than to think and throw steel?" You can't drink, you're in bed at the same time every night and you've got time to focus on your body. The secret is being creative. You don't have the luxury of equipment so you need to focus on body weight exercises, much in the same way that a gymnast would.

"My program would be to just lift the heaviest that you can lift and try to avoid getting beat up by other inmates," he adds. "However, inside a prison cell, there are plenty of exercises that you can do, but mostly calisthenics or body weight exercises."

THE WORKOUT

3 sets of 10 chin-ups
Start with the standard exercise and then experiment with your grip, moving your hands wider.
Next level
Once you're strong enough, try doing chin-ups with your arms as wide as possible and your hands facing away from you. It's a real ball breaker.

3 sets of 10 push-ups
A training essential that can hone your arms, shoulders and, if done right, your core.
Next level
Elevate your feet so there's more weight focused on each lift, then aim to get your legs higher each time until you're doing the famous handstand push-ups from the film.

2 sets of sit-ups to exhaustion
The ultimate six-pack builder. You need to concentrate on volume and maintaining tension in your abs throughout each set. Don't count reps, go until you're completely wasted.
Next level
Do reverse sit-ups, anchoring your arms on the end of your bed and lifting your legs instead of your upper body.

2 sets of 10 squats
Start with standard squats to build your lower body; if you can, add weight by holding books. A massive encyclopedia is ideal.
Next level
Pistol squats are an absolute killer and great for pushing your body into overdrive. They're the same as normal squats, only with one leg raised, focusing all your weight on one foot. Repeat for each leg.



Forrest runs 19,024 miles —six miles a day for three years, two months, 14 days and 16 hours



4 HOW FAR COULD FORREST GUMP REALLY GO?

Tom Hanks' 1994 comedy epic sees the lovable Forrest Gump run coast-to-coast across America fueled by little more than shrimp and a broken heart. But will copying his laidback approach win you marathons?

• Get vintage kicks

Forrest's trainers of choice are a pair of trusty Nikes, which carry him over more than 19,000 miles of solid endurance running.

The skinny:

The arches of your feet are essentially shock absorbers; if you're wearing the wrong trainers, the impact of each step will go straight through to your knees and leave you in agony by the next day.

Verdict:

Callanta: "At the time, Forrest was wearing the perfect sneakers for running with minimal heel to toe drop, minimizing the risks of injury and creating better strides for the runner."

• Don't hit the road

With no planning, Gump opts for a picturesque route of hard road running across America's desolate desert highways and country roads.

The skinny:

Callanta: "You can do that but only for a certain amount of time. You should then seek softer surfaces. You have to rest your calves, shins, and heels. Your body will thank you."

Verdict:

Road running is all well and good but at Gump-like distances you'll be limping like you've got rickets in no time.

• Pass up morning glory

At no point during the film do we see Hanks running at night, opting instead for picturesque sunrises and dawn jogs.

The skinny:

Callanta: "Sure, why not? There are less cars around, and lesser fumes in the air. And let's not forget the absence of heat from the sun."

Verdict:

It might be tempting to start early but for optimal performance, wait until your body has got into gear.

• Do the legwork

Forrest isn't just a runner. During the film, he spends time honing his entire body through military training, American football and pro-level table tennis.

The skinny:

Callanta: "Well, for starters, Forrest is very athletic. So having that high level of physicality could have helped him run that long."

Verdict:

A bodybuilder wouldn't skip a leg day; likewise, a runner shouldn't just focus on his pins to perfect that Forrest form.

• Don't get yourself in a stitch

On his travels, Forrest stops only to sleep, eat, and go to the loo, and is seemingly impervious to the running nightmare that is 'stitch'.

The skinny:

Callanta: "Well, given his psychology, there's nothing more to do than just that. He has nothing in his mind but to run. He breathes correctly to avoid the stitch. He may have actually felt it but then he stopped to take a break."

Verdict:

There are no easy fixes; just console yourself with that fact it happens to everyone, maybe even Forrest.

• Run without prep

After zero traditional training, Gump ties up his trainers and starts hitting marathon levels of distance.

The skinny:

Callanta: "Proper warm-up is essential to avoid any injuries. In Forrest's case, he first runs a few hundred meters. I'm not saying that you should do that as well, but having a well-designed warm up will make your muscles work even better during the run."

Verdict:

Without warming up, Gump would have been a hobbling mess after day one, and you will be too.



Now meet the man who really ran like Forrest…



Jamie McDonald became a real-life Forrest Gump in 2013. He ran 5,000 miles unassisted across the whole of Canada and raised more than P6.8 million for charity in the process. Here's how hard it was in his own in words…

"When it comes to running great distance, there's no real way to train without just doing it. My training began the moment I started.

In the beginning, I was running around 10 miles a day and it was a killer. I found myself getting stronger every day, although I didn't always feel it. After the first 1,000 miles, though, I was able to run the equivalent of a marathon on a daily basis.

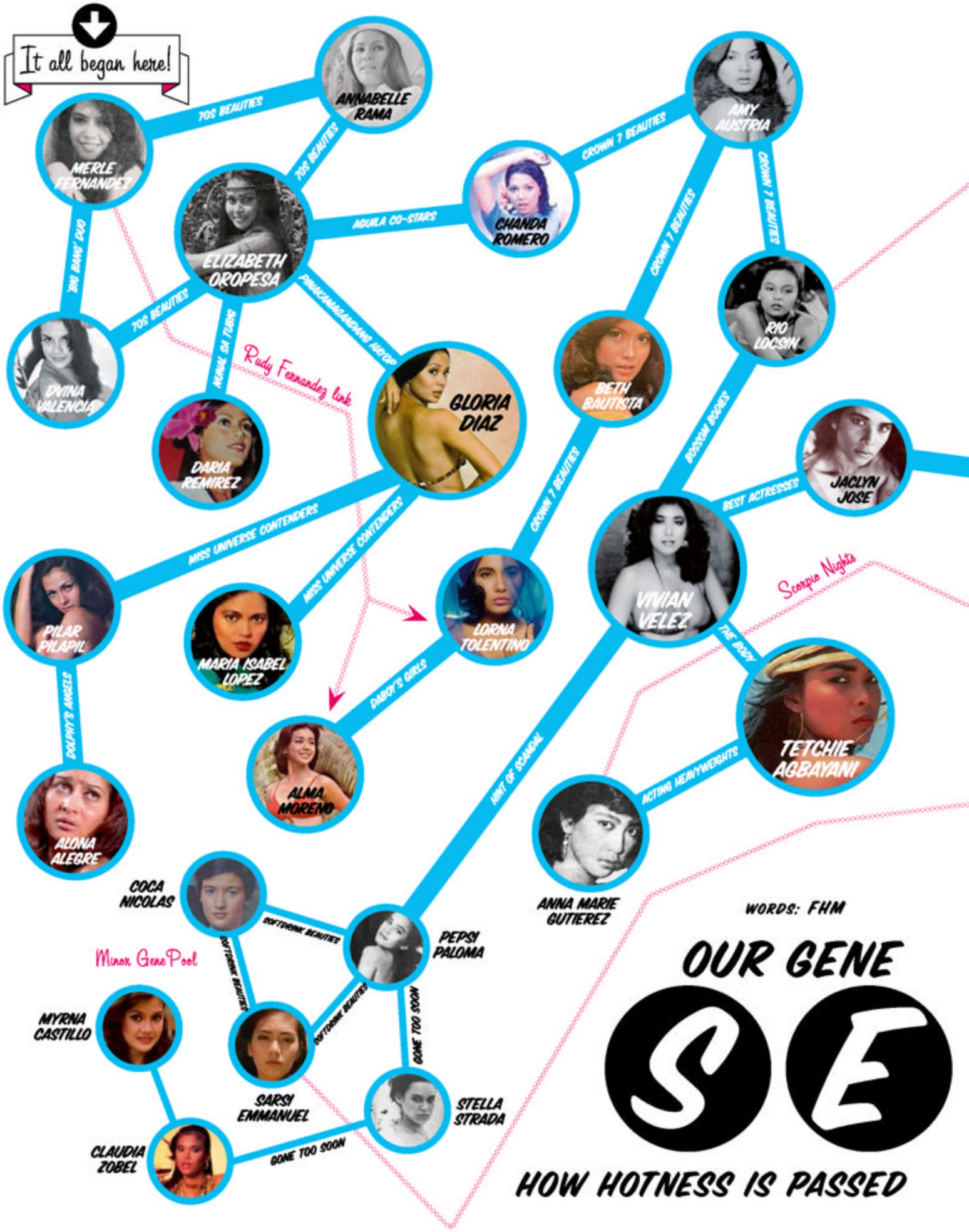
The pain is incredible. After the first few weeks I got chronic tendonitis and my foot became too swollen to fit in my shoe. I cut the trainer open and taped it around my foot. I cried and hobbled through a lot of miles like this and ended up with a permanently misshapen foot.

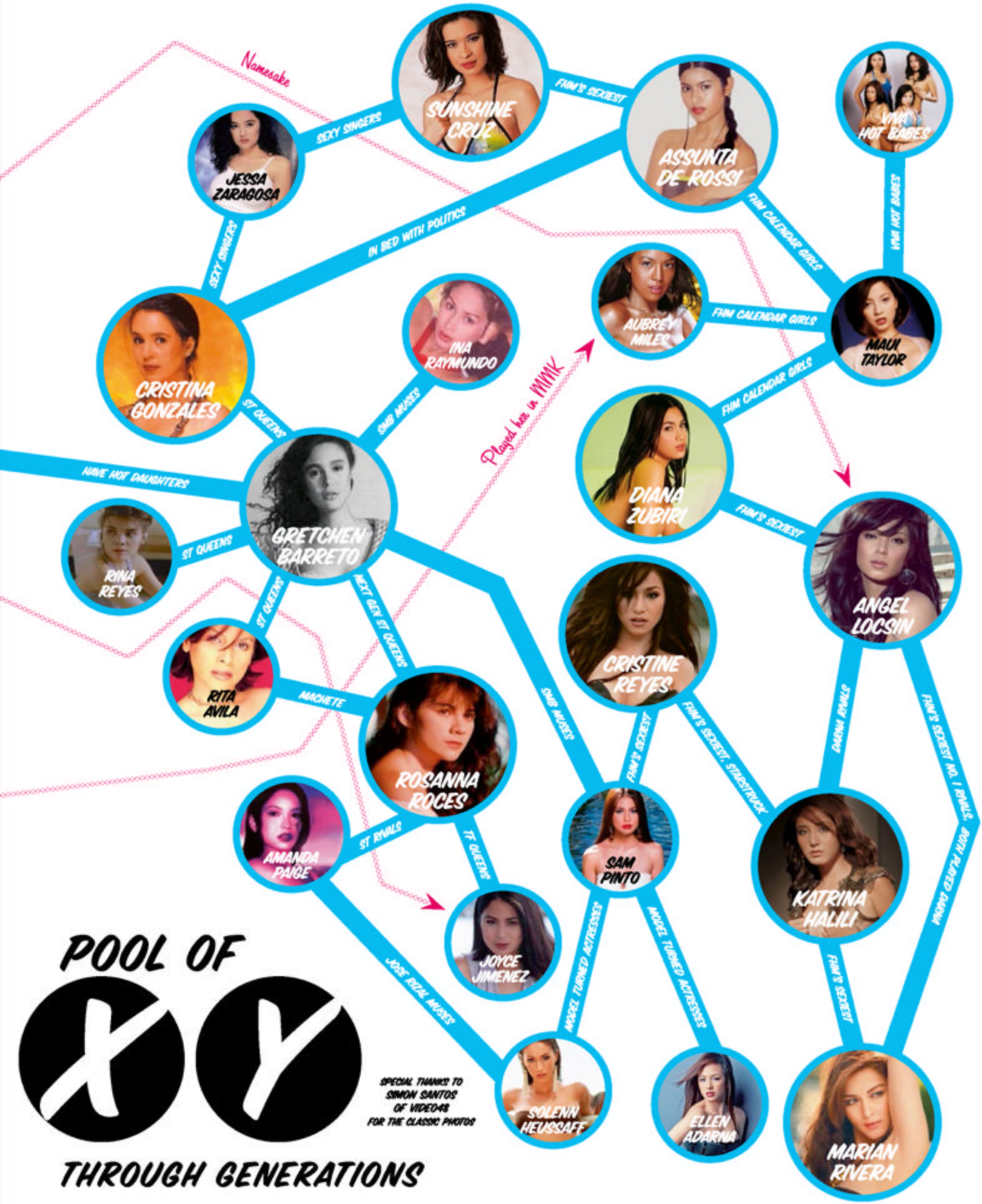
The worst was frost bite. I got caught in a storm and the temperature dropped to -40 degrees Celsius. My nose turned brown and I was terrified it was going to fall off. It's a strange experience to run with something like that. In the end, the skin just peeled off and I lost some of the tip.

For any kind of running like this, I don't see it as being about physicality. I'm not an athlete—it's all down to mind over matter. The biggest motivator when running is seeing the support of other people, just like when you run normal marathons.

Anybody can do it, you just need to start and you'll feel incredible afterwards. All you need are some socks and some trainers."

Check out Jamie's next adventure at jamiemcdonald.org


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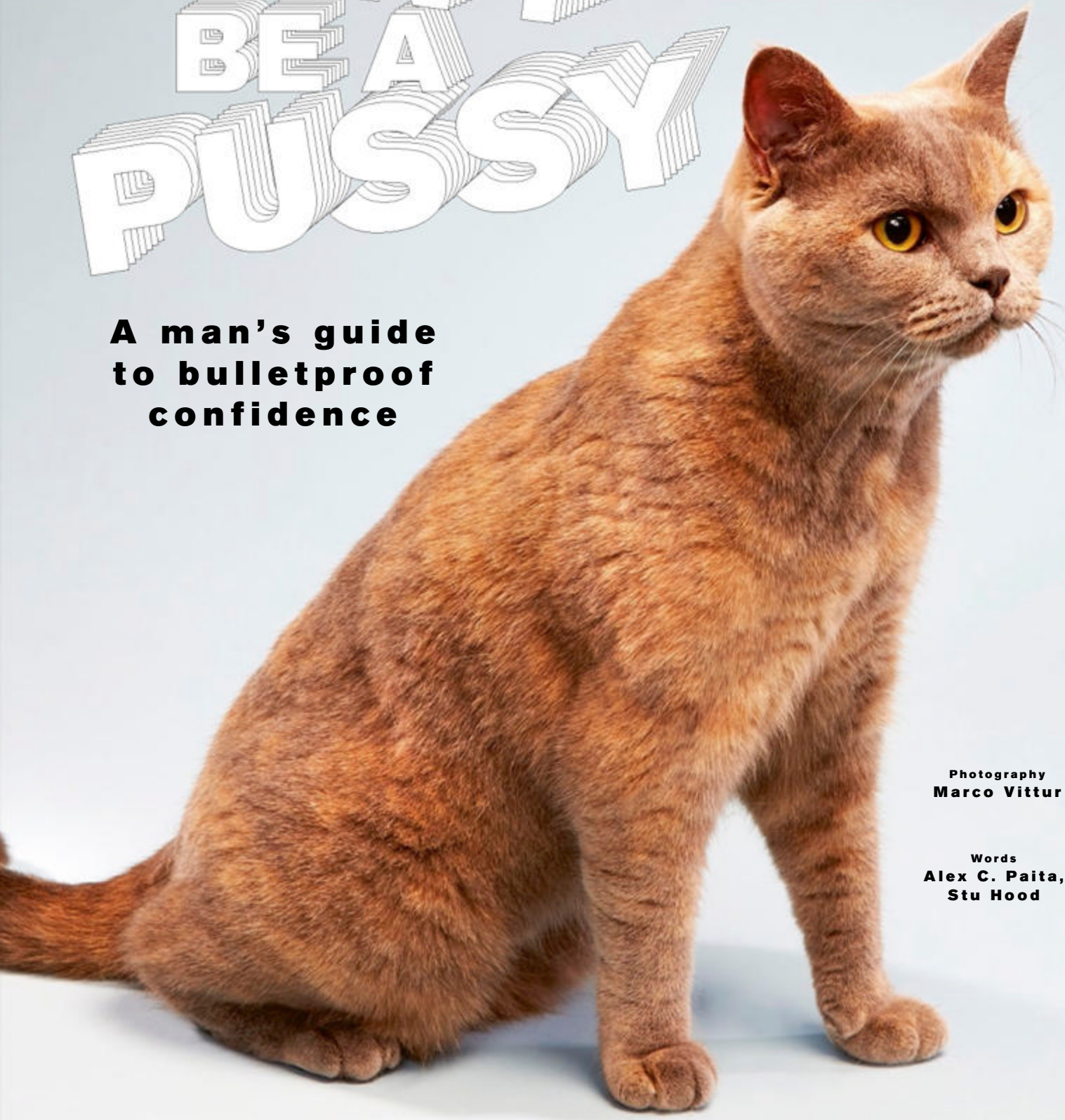
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THROUGH GENERATIONS

SPECIAL THANKS TO SIMON SANTOS OF VIDEO48 FOR THE CLASSIC PHOTOS

DON'T BE A PUSSY

A man's guide to bulletproof confidence



Photography
Marco Vittur

Words
Alex C. Paita, Stu Hood

Stick it to the man!

Jose F. Lacaba was one of the activists who were arrested, detained, and tortured in 1974 under the Marcos regime. Here's an excerpt from an entry on his blog, kapetesapatalim.blogspot.com, titled "Remembering Martial Law," which originally appeared in the September 1995 issue of Philippine Graphic weekly magazine

"At dawn of April 25, 1974, on the second year of martial law, I was awakened by shouts of: 'Open up! We are the authorities!' I looked out and saw that the house was surrounded by armed men taking cover behind jeeps and cars that had their headlights on.

"As soon as I opened the door, the first man who came in shoved the barrel of his rifle into my stomach. Then somebody spun me around and forced me to lie face down on the floor. In that position, I was stepped on, kicked in the ribs, hit in the back and on the back of the head with rifle butts.

"After the house had been searched and my two house companions were in custody, someone who acted as though he was in command (I would learn later that he was a first lieutenant, but not the head of the raiding party) dragged me into the bathroom and asked if there was a tunnel underneath us. I couldn't help giving a short laugh, struck by the absurdity of the question. Angered by my response, he gave me a sudden blow in the chest with his closed fist. The lieutenant was an Arnold Schwarzenegger pumping-iron type, and at that time I was a 111-lb weakling. That single punch sent me reeling against the bathroom's tiled wall.

"The sun was up when we were taken in separate cars to Camp Crame in Quezon City, to the headquarters of the 5th Constabulary Security Unit (5CSU). After some routine questioning and filling up of forms in the office, I was taken to the back, the troops' sleeping quarters. Constabulary officers and enlisted men—including a buck private who was himself under detention, for murder—took turns making me a punching bag....

"At one point I was made to half-squat with arms outstretched. One of my torturers then took a broom and slowly, methodically beat my shins with the broom's wooden handle. Although he seemed to be hitting me with very little force, the cumulative effect of the beating caused my shins to swell and made it sore and sensitive for a few days.

"At another point I was made to lie down with the back of my head resting on the edge of one steel cot, both my feet resting on the edge of another cot, my arms straight at my sides, and my stiffened body hanging in midair. This was the torture they called *higa sa hangin* (lying down in air), also known as the San Juanico Bridge, named after the country's longest bridge, built during martial law and dedicated by Marcos to his wife *Imelda*.

"'Lying down in air' is difficult enough, since you have to contend with the pull of gravity. But even before gravity could take its toll, somebody standing close by would give me a kick in the stomach and bring my body down to the floor. The steel cot scraped skin off my nape as I slid down.

"I was forced to 'lie down in air' twice. The third time I simply refused to get up. I stayed crumpled on the floor and said, 'You may as well just kill me. Go ahead and kill me.' That was when the torture stopped for the day.

"I had been continuously tortured for about eight hours. Incredibly enough, we even had a lunch break. I forced myself to finish up the horrid prison food on the aluminum army tray that they placed before me, hoping that when they resumed hitting me in the stomach I would throw up in their faces. I never did...

"I was detained without charges for close to two years. In the first six months of detention, I was made to wash cars and clean the enlisted men's incredibly filthy latrines. Halfway through my detention I experienced a recurrence of the pulmonary tuberculosis of which I had already been cured before martial law. I had to be confined for about a month at the Quezon Institute, a hospital that specializes in tuberculosis cases. Three shifts of prison guards kept me company."

Jose F. Lacaba is a poet, journalist, and screenwriter. He is currently the executive editor of YES! Magazine



Learn to lie!

A study by researchers at the University of Illinois revealed just how important handshakes are in making a good impression on strangers. Here's what they discovered...

1 Start early Reaching for the other person makes you seem confident. So as you're approaching them, put your hand out early.

2 Avoid finger-grabbing Scoop the other person's hand up for full palm-to-palm contact; it makes you appear open and honest.

3 Know your role Every handshake has, at a very subtle level, a leader and a follower. If you want the other person to feel flattered, wait for them to apply pressure.



Talk like a DJ!

Veteran radio DJ and motoring journalist Neil Pagulayan shares a mouthful of advice on how you can make people listen

1 Make sure you have good grammar. Radio DJs are supposed to have impeccable grammatical skills.

2 Your enunciation and intonation must be correct. Good DJs must be able to distinguish between their Ps and Fs, and people should know if you're stating a fact or asking a question.

3 You must know what you're talking about, or at least sound like it. If you want to appear like you know what you're talking about, do some research. Don't make shit up—there's Google.

4 Don't stutter. Speak whole, clear sentences. Um's, ah's, and the like make you sound like you haven't given much thought to what's coming out of your mouth.

5 Sound authoritative. If you sound like you're not sure, people won't believe what you're saying. But if you sound like you know what you're talking about, most people won't be able to tell the difference if you're full of shit or telling the truth.

Neil did traffic reports for "Zach and Joey in the Morning" on NU107.5 and was a DJ in 99.5 RT for about a decade. Now he writes about cars





Overcome your fears!

Alexandre Cabales, an officer in the Philippine Army serving in Mindanao, recounts how he escaped his scariest ordeal in the battlefield so far

"This was during the Test Mission for my Scout Ranger Course in Sumisip, Basilan, in May 2010. I was part of a combat group tasked to block enemy withdrawal while our main group was already engaged with the Abu Sayyaf bandits we were pursuing. We were not in the direct line of fire so our immediate task was to occupy a position where we would be at an advantage in case the enemy withdrew toward us.

"There was a hill overlooking a road junction that our commander decided was a good position. I was in the middle team of three teams with seven members each—all were tasked to clear and occupy that hill. The task was simple as the hill was not that high and was about 500 meters away from our initial position. We were sure that there was no enemy in the area, but previous units who operated in the area warned us of improvised explosive devices (IEDs) being laid indiscriminately there.

"We were undergoing the final phase of the elite Scout Ranger Training and as such, everybody was very aggressive in the operation after having been trained for the past six months. The test mission will seal the deal for us to become bonafide Scout Rangers.

"About 100 meters away from the top of the hill, one of the soldiers in front triggered an improvised explosive device. I was about 15 meters away from the explosion, which caused a loud ringing sound that temporarily made me deaf. I was not so sure of what the others were saying but all I could see was another soldier, who was about one meter away, wanting to move forward in order to assist one of the four men who had been wounded in the explosion. I immediately grabbed him and told him not to move as there might be other IEDs lying around. He obeyed my order while I tried to recover from my being deaf, and at the same time assessed our present situation.

A few moments later, I ordered my team to observe their immediate surrounding for other IEDs. Another two bombs were discovered. The rear team called for immediate evacuation of the wounded while the lead team where only three were not wounded asked me for assistance. I instructed my teammates to move one step to their left to create a space that's already cleared of IED, where the wounded could pass and go to the rear. The first team passed through the space we created with the wounded being carried by those unharmed. My team then became the lead element and advanced toward the top of the hill, making sure not to trigger the other two IEDs that were discovered earlier. We occupied the hill safely with the last team following us. The Army EOD then came and disabled the two IEDs.

"It was not my first brush with death as a soldier but that was my most fearful. Unlike gun battles with enemies of the state, IEDs are much more unpredictable as they are hidden while a gun-toting rebel can be seen. The initial explosion can be shocking, but experience has taught me to always maintain my presence of mind. Being an officer, most of the things that I did in that incident were more of instinct born out of hard and proper training. I guess the way to overcome fear is to be prepared for all possibilities. When one is prepared, the effects of fear are diminished. This is the way we were trained in the Army."

First Lieutenant Alexandre Cabales is a civil military officer of the Philippine Army's 28th Infantry Battalion. Read more of him

Sweat-free job interviews!

Stephen Conway worked as a recruiter for some of the world's biggest brands before setting up his own interview coaching business. Here, he share's his expert tips…

"People's ability to ruin their chances of getting a job before they get to the interview room never fails to amaze me.

"Sometimes it's down to their CV—a graduate from a 'top university' recently sent me one that was littered with text speak (hint: when going for a job, it's always "because" and never "bcoz"). Sometimes it is down to their clothing—one guy I interviewed walked in wearing a Mickey Mouse tie and socks (hint: if in doubt, play it safe). And sometimes, it is down to the way they treat the receptionist (hint: never, ever underestimate the power of the receptionist. Most recruiters will trust them and ask for their opinion on candidates. If it's negative, then 95 percent of the time the person won't get the job).

"Never claim something you can't prove. For example, I once asked someone if they could drive. They replied 'yes,' so I asked to see their license. They had to admit they were only learning to drive. This wouldn't have been a big deal. But the original lie was there."

"Other good tips are: wear a watch, because some interviewers genuinely believe not wearing one means you are a poor timekeeper. Keep your answers brief, clear, and relevant. Be aware that recruiters always give the job to someone who they like, trust, and believe will add value to the company. And last but not least, remember to put your trousers on. Okay, so that's not a big issue in face-to-face interviews, but it has honestly happened during Skype interviews. One time, a candidate's wife walked behind the camera wearing next to nothing. Another time, a candidate needed to go and get something, but didn't seem to want to. Eventually, he had to admit that while he was wearing a suit on the top half, he didn't have any trousers on. It was hilarious. But not good for his job prospects."

Stephen Conway is managing director of Interview Experts (interviewexperts.co.uk)



Get the perfect handshake!

American entrepreneur James Altucher reveals his tips to make a good impression when public speaking. Here's his top three…

1 Start with a joke
Cracking a joke in the opening few minutes of your speech is a must. Making people laugh should ease them into your speech.

2 Tell stories
Don't be afraid to occasionally throw in an anecdote. You want to keep people entertained and this is a good way for them to get to know you.

3 Pause
The best way for people to take in what you're saying is by pausing every so often. It avoids the impression that you're rushing through it.

For more of James Altucher, visit www.jamesaltucher.com

Make a huge decision!

Become your own boss!

Wilson Lee Flores was into real estate sales before he became a newspaper columnist and entrepreneur. His mantras for career-shifting success are as follows…

1 Always have a positive attitude. My dad died when I was 7. My late mom was a grade school teacher, who died after my college years and after we used up all her life savings for her medical care of two and a half years. Despite the crises, I always kept in my mind and in my heart that the future would be better. I refused to think that life's troubles were my fate. I looked upon each crisis as "a temporary setback" that I should endure and learn from. I believed that my ultimate destiny is success, that I just need to work very hard to claim this birthright. I believe that every person born on earth is destined for success.

2 Hard work and perseverance are more important than talent, natural intelligence, and connections. There are a lot of naturally gifted people who are lazy or burdened with vices; there are also advantaged people who are not persevering enough. When I got into real estate sales in 1995, I was already 29, no longer very young but zero in sales or real estate experience. I worked harder and for longer hours than others, never discouraged by rejections in sales calls.

3 Read a lot; learn nonstop. I think one secret for making any life-changing change or decision is to keep learning, in order to become a better person. Whatever our profession, socio-economic condition, age, I believe we should always read books or magazines (like *FHM*!), newspapers, ask questions, learn from others, be eternally curious and inquisitive. We can renew and reinvent ourselves if we have the attitude of a perpetual student. I teach in college, but I always have an open mind that I can also learn from my students. There should be no end to lifelong learning.

4 We should not be afraid to take risks. The worst risk in life is never daring to take any risk. We should once in a while take risks, especially calculated risks. We should sometimes get out of our comfort zones to take risks. I used to work in a nice aircon office of a realty firm in the purchasing department. There was nothing wrong with that—salary was stable, and the work schedule was fixed from 9 a.m. to 5 p.m. However, I wanted to do more by trying out the unpredictable field of realty sales as an agent. That was in 1995. In sales, there is no monthly salary, no benefits, only a small monthly allowance (but no sales equals no allowance). However, the possible income is unlimited due to sales commissions if one can close sales. I discovered I love sales.

5 Dream, write down your goals. As a kid, I already had a practice of writing down my dreams or goals on a piece of paper, then writing down the date and taping this list on the cabinet in my bedroom so that I could be reminded of them every day. Nowadays, aside from carrying with me several pages of yellow pad in my pockets, I also have two small notebooks. One simple notebook is for random notes, while a black notebook on the right back pocket of my pants lists down all my goals for short-term and for the long-term, also important reminders. I like to dream. Rich or poor, everyone is free to dream. But writing down one's goals or specific dreams—with target schedules—will make our dreams more compelling.

Wilson Lee Flores is a realty entrepreneur, college teacher, Philippine Star columnist, and owner of 75-year-old artisanal & pugon-style Kamuning Bakery and a Caltex gas station, among other business ventures

1 Create simple ideas
Your idea doesn't have to change the world. The best businesses are built on ideas that are simply clever tweaks on existing products.

2 Determination is key
Ask yourself if you've got the DNA of a strong-willed entrepreneur. Is setting up your own business something that you really want? You'll need confidence to go out there on your own.

3 Share your idea
Don't be paranoid and keep it locked away. Tell as many people as you can about your idea to spread the word, which will hopefully attract investors.

Extract taken from James' Caan's book, Start Your Business In 7 Days (Portfolio Penguin), which is out now





Talk to a hot girl!

***FHM* babe, entrepreneur, and radio DJ Karen Bordador tells us how a normal schmo can drum up the confidence to talk to any girl**

"Men are scared of beautiful women. Their tendency is to create excuses to avoid speaking to her; they'll instead convince themselves that the stunning woman is either out of their league, a snob, or a high-maintenance chick.

"According to former model and author of *The Art of Seducing Women*, Kezia, what you need to do is have a little 'mind management.' Next time you feel 'dazzled' by her beauty and sex appeal, take a mental step back, and try to find flaws in her. It could be anything from her posture to the way she chugs her drink. But don't tell her any of this! No, you don't have to. *Tao lang yan*—remember she's not 'perfect.' This technique will take that sting out of the initial anxiety, and will help you get things in perspective and will produce a more confident mindset."

Follow Karen Bordador on www.karenbordador.com and visit her online shop, www.sistersecrets.com.ph

Speak without fear!

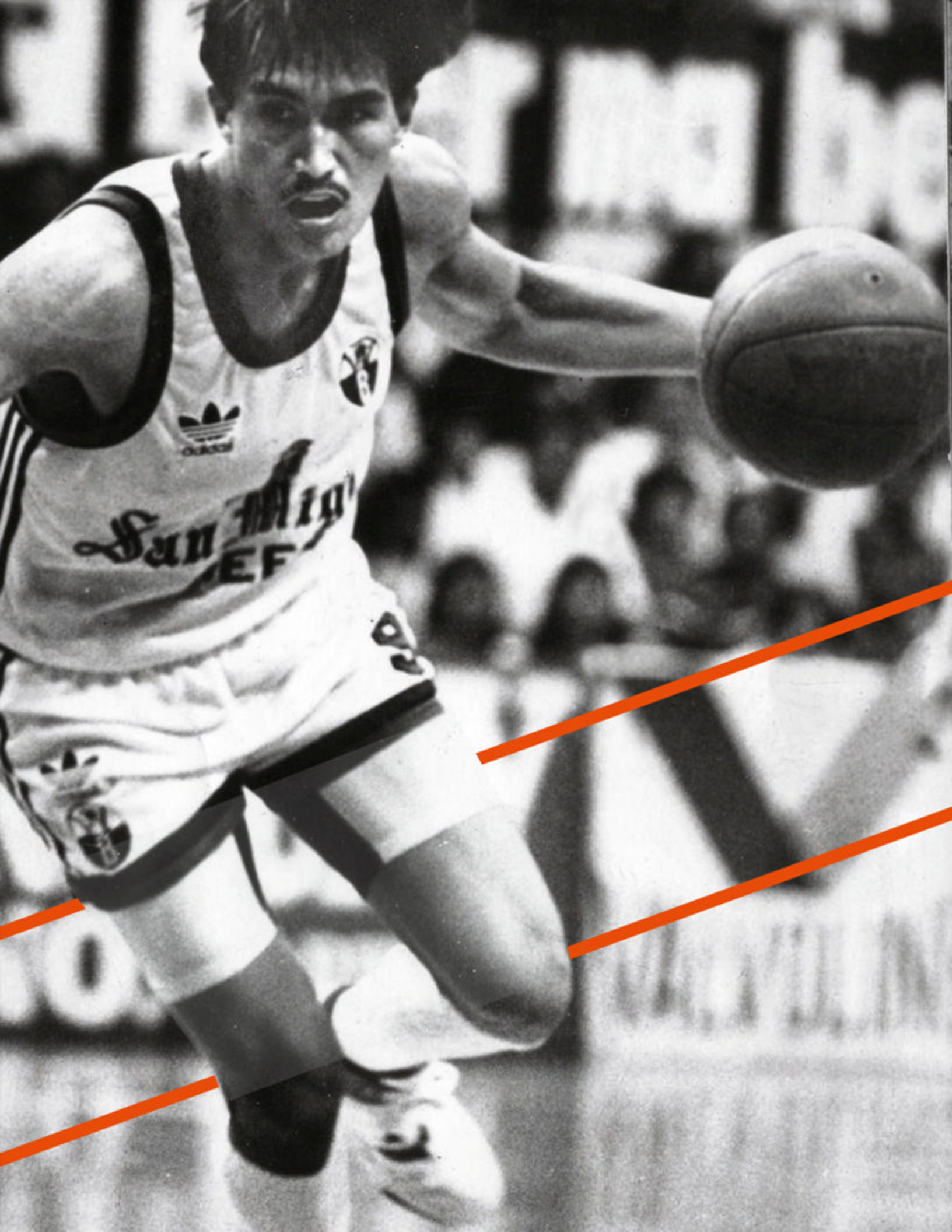
No word of a lie: here's a list of things that the best fibbers do to maximize their effectiveness

1 Tell the truth (sort of…)
It's hard for someone to catch you out when your lie is actually based on truth. You're still telling the facts, just leaving out the important bits.

2 It's all in the detail
You're less likely to get caught if you've thought of the details of your backstory. The best liars are the ones who have worked out their story, instead of blagging their way through.

3 Keep focused
Restrain from fidgeting, breaking eye contact, and stuttering as that can easily and almost instantly give your game. Keep a poker face and avoid giving it all away in your facial expressions.





HERE'S TO THE GREAT AVELINO 'SAMBOY' LIM



WHO *REALLY* PLAYED THE GAME LIKE HIS LIFE DEPENDED ON IT

WORDS: REY JOBLE



The long socks. The messing of hair when taking free throws. The hang-time moves that, if you give it some thought, predate Michael Jordan—we can even argue that he one-upped His Airness in a way, because some of his on-court death-defying stunts literally defied death. He was really more Julius "Dr. J" Erving of the 76ers than Jordan in a sense.

The name "Skywalker" ruled the PBA literally from on high. In the early days of our local commercial league, players of mythic stature—Robert Jaworski, Mon Fernandez, Philip Cezar, Atoy Co, Bogs Adornado, to name a few—ruled. One really had to be good and awe-inspiring to watch to surpass these legends' popularity. Samboy Lim easily handled that. Many of you born in the 1990s were just a little too late to witness his greatness, hearing of him now only as a sad news story about a former pro athlete still in a coma months after. You might have also just Youtubed the whole Samboy highlight reel and saw what the fuss was about.

But that is not the point of this story. Like Jedi Younglings looking for a worthy Master, many loyal PBA fans will concede that while Pinoy hoops have vastly improved in speed and skill, there is still a void in charisma coupled with fluid grace that needs to be filled. In other words, we are still looking for a new Avelino "Samboy" Lim, Jersey No. 9, The Skywalker. And we still haven't found one.

That's how it has always been when it comes to greatness.

It's also a celebration of the life of our man Samboy.

LORDING IT OVER

Samboy Lim was part of the San Miguel Beermen squad that won nine championships. In 1983, the horseracing scene was nuts about a steed named Skywalker that won a Triple Crown. Samboy Skywalker did the same in 1989 when the Beermen won a grand slam in 1989.

His legend began to write itself when he suited up and laced his high-cut shoes for the Letran Knights. Teaming up with the likes of Romy Ang and another notable player, Jerry Gonzales, Lim helped the Knights win three championships from 1982 to 1984.

Lim's all-around brilliance in the collegiate ranks earned him a spot on the National Team backstopped by naturalized players Arthur "Chip" Engelland (now shooting coach of the San Antonio Spurs), Jeff Moore, and Dennis Still and bankrolled by businessman Danding Cojuangco, then regarded as the godfather of Philippine Basketball. The other local stalwarts on the team were Hector Calma, Yves Dignadice, Tonichi Yturri, Franz Pumaren, Allan Caidic, and Jerry Codiñera, the last two from back-to-back UAAP champions UE Red Warriors.

He progressed more as a basketball player under the tutelage of legendary coach Ron Jacobs, who handled the Cojuangco-backed Northern Consolidated Cement national squad. The team played in the PBA as guest club in 1984 and quickly drew the attention of fans. The team would give powerhouse squads like Crispa, Beer Hausen (bolstered by Ramon Fernandez and a few of his teammates from Toyota, which disbanded after the 1983 season), and Great Taste a run for their money, and the crowd, a glimpse of what the future lay ahead for Philippine basketball.

As an international player, Lim would become renowned. That same year, he would emerge as one of the key players of the National Team, ably helping the team win the Asian Club Championship in Ipoh, Malaysia. After qualifying for the World Club Championship, Samboy's popularity further soared after he scored 37 points against the feared Banco di Roma team.

Lim was probably the most athletic, gifted player of his time, but he would be put to test when the San Miguel Beer-backed Philippine squad played against a select top collegiate players beefing up the US team. Samboy and company were unperturbed as they defeated the Americans for the William Jones Cup championship in 1985.

Also in that same year, Lim and the rest of the NCC national squad would become the first guest team to win a PBA championship, sweeping the Manila Beer Brewmasters in the best-of-seven championship series, the first sweep in PBA history since the best-of-seven format was institutionalized.

Bridging 1985 and 1986, the Skywalker

THE SKYWALKER'S CAREER HIGHS

1982-1984 Samboy leads the Letran Knights to three straight NCAA senior basketball championships

1986 Declining an offer to join the PBA two years prior, Samboy joins the Philippine National Team in the Asian Games, taking the bronze

1986 Rallied to the gold with the Philippine national team at the FIBA Asia Championship

1989 led the San Miguel Beermen to a grandslam year.

1990 With Caidic, Patrimonio, and Fernandez, wins silver at the Asian Games finals in China; named among the mythical five

1992-1994 Won the All Filipino ('92 & '94), and the Governor's Cup with SMB

1998 Samboy retires in the PBA. Plays for the Philippine Basketball League before becoming the team manager of the Welcoat Elasto Painters

2009 The Skywalker is honored as one of the greats in the PBA Hall of Fame

would take full flight and spearhead the National Team's gold medal finish in the Asian Basketball Confederation, now known as the FIBA Asia Championship. He was like a swooping bird that would breeze by his Chinese defenders in the open court.

THE WORST FALL

There is one Samboy Lim highlight from the 1989 All-Filipino that never should have happened.

It was the elimination round game between San Miguel Beer, which by that year had become an elite team, and newcomer Purefoods, made up of members of the new school of b-ball at the time, led by three player/poster boys: Alvin Patrimonio, Jojo Lastimosa, and Jerry Codiñera. They were the same team who would eventually meet in the finals, with San Miguel winning en route to their grand slam.

Lastimosa and Lim go back a long way; they, in fact, had been rivals since their college days. Lim was Letran's chief knight, but college basketball in the Visayas hailed a different hero: Isabelo "Jojo" Lastimosa. His team, the University of San Jose-Recoletos, also boasted a roster that included future PBA stars Dondon Ampalayo, Peter Jao, and Zaldy Realubit.. Like Lim, Lastimosa also had a taste for hang-time moves, which Visayans loved. Lastimosa and Lim's first real battle was at the National Inter-Collegiate Championship in 1984, which the Recoletos won. Lastimosa (the so-called "Samboy Lim of the South") collected the MVP plum.

The rivalry reached its terrible zenith in that 1989 elims game in a few seconds of trademark *buwis-buhay* Samboy play: Number 9 was dribbling downcourt, with every intention of scoring. Lim was gliding right of center, arcing to the left. Lastimosa was chasing him, intent on blocking his shot. Lastimosa was already in the air by the time Lim was ready to take off.

There were three defenders waiting to erase him from the play: Lastimosa, already on his way down; Nelson Asaytono and Codiñera, Purefood's twin towers. Lim was already committed to take the shot, so as he leaned back and glided towards the hoop, –his hang-time acrobatics in full display as usual, –Lastimosa made a hard play for the ball, but hit Lim's head instead.

Like a wrestler taking a hard clothesline, the Skywalker flipped even more backwards, losing his balance. A hard fall was imminent. Lim, sensing trouble, instinctively twisted his body forward to face the floor, perhaps to protect his head. But with no one in the vicinity to break his fall, Lim hit the floor face first. The impact left his face bloodied.

In an exclusive *FHM* interview, Lastimosa admits that until now, he's still being haunted by the image of Lim sprawled on the floor. "*Hanggang ngayon napi-picture ko pa rin yung* incident *na yun*," says Lastimosa. "*Hindi nawawala sa isipan ko yun. Makikita mo kasi talaga na nag-flip over si* Samboy."

Fans started to hate Lastimosa (some hardcore SMB fans still do, 25 years later) whom they perceived was out to intentionally hurt their idol. "*Ang hindi nalalaman ng* fans, *nung* time *na yun na sinasabi nilang sinadya ko ang nangyari kay* Samboy, *sabi ko bakit ko naman sasadyain eh* best man *ko sa siya nung ikinasal ako? Nangyari lang sa* game. *Pero alam mo naman si* Sam, *kapag* game, game *lang. Wala siyang pine-personal.* I was the first one *doon sa* hospital and thankfully, *hindi malala* [*naging kaso niya*]. *May pumutok doon malapit sa* forehead, but nothing serious," Lastimosa recounts.

"If I have any regret, I never really knew Samboy as a person, because *yung* friendship *namin hanggang sa* floor *lang*, *nasa mga* practices *lang*. Off court, *hindi kami naging magkaibigan*. Unlike my other teammates *na nakasama kong lumalabas. Hindi ko nakilala yung* wife *niya*, or *mga anak niya*," he adds.

PLAY LIKE YOUR LIFE DEPENDED ON IT

Avelino "Samboy" Lim. Right up there in the PBA's 50 Greatest Players. Not even a single MVP to his name.

Only with Samboy does that chink in the armor not sound bad. No one cares if he didn't win any MVP award; no one contests his greatness.

"Winning championships, not an individual award like the MVP, has always been the objective of Samboy," says Norman Black, former PBA import and SMB coach who steered the Beermen to their first title in the 1987 Third Conference, and the grand slam in 1989. "You have to remember, Samboy used to share minutes with Elmer Reyes and Ricardo Brown, who is too good of a player to spend time on the bench, so we have to balance the minutes of the players. We were a very balanced team that winning an individual award was hard to accomplish for us, but winning championships was easier because we played as a unit."

He adds: "Samboy is an exceptional talent. He did things I've never seen before not only during games but even during our practices. Incredible talent. There's a reason Samboy Lim was one of the most popular players ever to play in the PBA. Robert Jaworski is the most popular, but I would put Samboy next to him. Like Jaworski, Samboy performed every night and fans got their money's worth. Every fan always looked forward to seeing Samboy play, anticipating whatever exciting move he could come up with the basketball."

Lastimosa agrees: "Once *maglaro si* Samboy, we all know *na wala siyang iniiwan sa bahay. Dadalhin niya sa* court *lahat ng* effort *niya. Yun ang pinakamagandang* trait *niya* as a player. He should be in the top 10 or top five, among the best wing players of all time. "

POSTSCRIPT

As this piece goes to press, news broke that Samboy Lim finally snapped out of his coma, almost three months after he collapsed during a benefit game November last year. In an Instagram post, sports analyst Quinito Henson reported that Lim is undergoing passive physical therapy in a condo unit equipped with medical equipment. He is conscious but has a trache in in his neck to suck out mucus and a tube in his mouth for feeding. He is slowly regaining his eyesight and has movement in his limbs.

Many of his injuries could have easily put him out of commission.

Down and up again, like he's always done. Still the greatest.







1990 NATIONAL TEAM PHOTO COURTESY OF PBA FACEBOOK PAGE

(Clockwise from top left): The 1990 National Squad; Samboy also flew to play solid defense; From a quick first step all the way to the hoop, Samboy had his eye on the prize

The FHM man test

This month's challenger...

MEDWIN MARFIL

Will True Faith's lady-pleasing crooner score a 'Perfect' in this freakishly accurate test of manhood?

What's the biggest thing you've ever set on fire?
A garbage bag full of bill statements, stuff from the bank, and others of the like. I was told never to just throw them away. Someone might be clever enough to acquire valid information from that sort of junk. I wouldn't recommend the burning, though. Not good for the environment. Shredding is the best option. But I didn't own a shredding machine then.

Man ☑ Not man ☐

What's the weirdest thing you've drunk liquid from?
At a street party show in Makati, someone gave me a shot of whiskey using a bathroom plunger. *Kadiri*! But it kind of reminded me of a Senakulo scene: a centurion giving water to Christ. Jesus had it better, I guess.

Man ☑ Not man ☐

Ever rescued an animal?
I'm a feline fan. I have picked up helpless kittens while jogging and then taken them home. My Nanay is not exactly the happiest when that happens.

Man ☑ Not man ☐

What's the biggest sandwich you've made?
A Lady's Choice spread sandwich using a hotdog bun. Quite unimaginative. But yummy nonetheless.

Man ☐ Not man ☑

Have you ever made growling noises at yourself in front of the mirror?
I think I have. *Pag may kinaiinisan akong tao.* I talk to myself in the mirror a lot.

Man ☑ Not man ☐

Ever cried out of so much happiness?
I think when the band won Video of the Year at MTV Philippines' Video Music Awards for "Awit Para Sa Kanya" back in 2000. I was smiling and giddy like a Japanese schoolgirl for days.

Man ☐ Not man ☑

What sort of manly nicknames have you had in your life?
My Nanay called me Cesar as a young kid. That's manly, isn't it? Some of my cousins still call me Medick. Which probably means I have that studly attachment. Could also mean "I, prick." Still, manly.

Man ☑ Not man ☐

Do you ever eat raw egg?
I was a scrawny kid in college and I wanted to gain more weight. Someone advised that I take one raw egg in the morning and *balut* with beer in the evening. But eggs are not on the menu these days. Have to watch on my cholesterol numbers.

Man ☑ Not man ☐

Have you ever put your penis through your legs and pretended to be a girl?
I pretended I was the serial killer in *The Silence of the Lambs*. He did that bit and I took the cue.

Man ☑ Not man ☐

What's your favorite funny smell?
Earwax. But the doctor said I shouldn't poke my ear canal ever again; not even with cotton buds. So, miss *ko na*.

Man ☑ Not man ☐

Who's the highest-ranking *FHM* Sexiest Woman you have in your phonebook?
Hottie Ms. Jacq Yu! Ha ha! I told her she looks like an Asian Cameron Diaz. We'll be working on something soon.

Man ☑ Not man ☐

What's the longest time you've talked to an animal?
I talk to my Coco Cat a lot. He's quite a talkative cat. He's the type of cat that bugs his owner a lot. He's a sweetie.

Man ☑ Not man ☐

Have you ever shaved a part of your body other than your face?
I shave my sensual sack when it starts to look like Mr. Miyagi's (*Karate Kid*) chin.

Man ☑ Not man ☐

Have you ever eaten anything that you yourself have killed, other than fish?
I murder those "little stomach helpers" in Yakult a lot.

Man ☐ Not man ☑

What's the scariest film you've watched?
I was gonna say *The Exorcist*. That gave me nightmares. But the whole Heaven vs. the Devil thing does not play out for me much anymore. So, personally it has not endured. I also was terrified by *Darna at ang Impakta* and Nora Aunor's *Magandang Gabi Sa Inyong Lahat* as a child. What really scared me and still does is *Contagion*. Because that shit is real!

Man ☑ Not man ☐



INTERVIEW: ALEX C. PAITA; ILLUSTRATION: JEREMIAH IDANAN



12/15

***Muntik nang maabot ang langit*! If not for Mr. Marfil's shaven Miyagi balls, the outcome could've been a lot dimmer. Faith in OPM restored!**

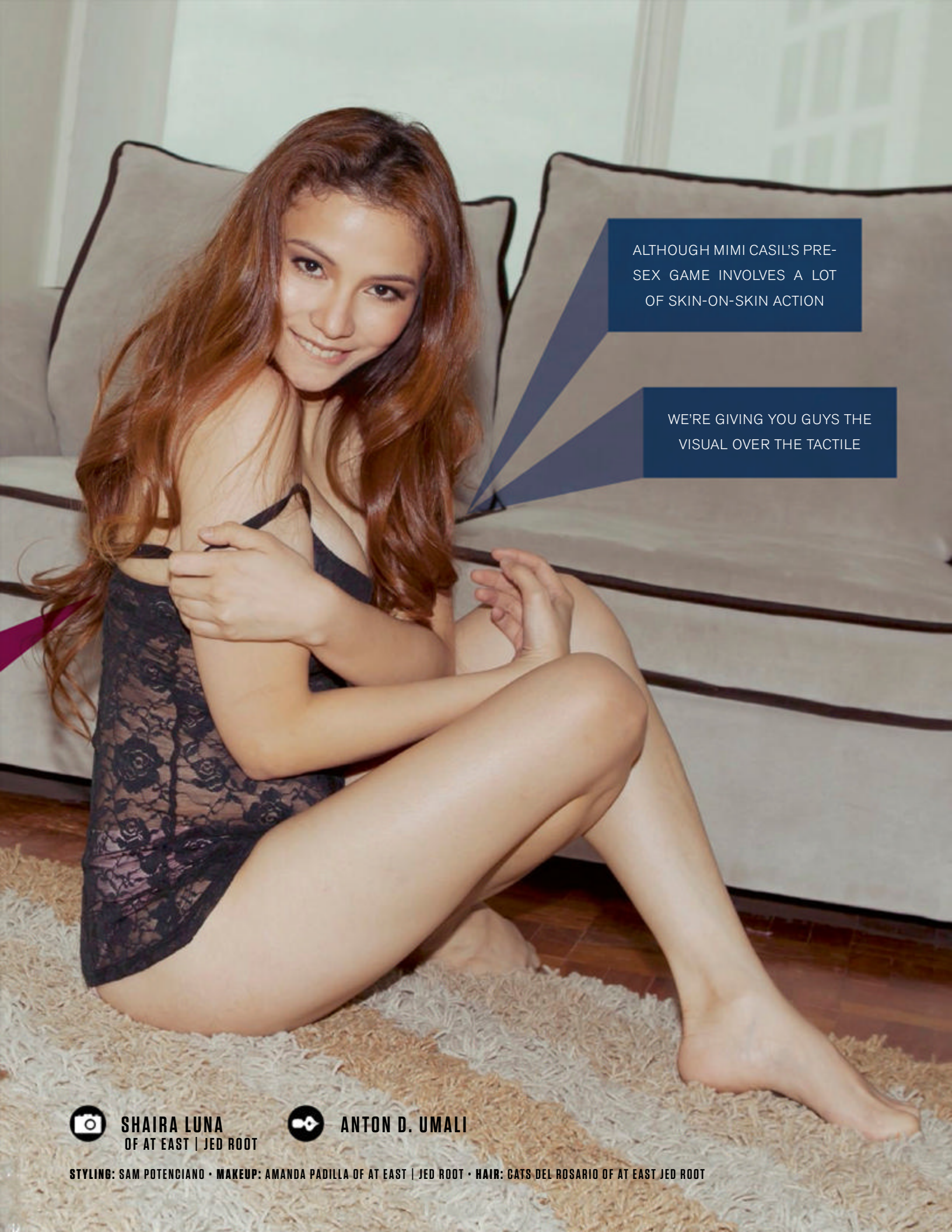
THE MAN TEST LEADERBOARD

Sef Cadayona	14/15
Jose Manalo	13/15
Chito Miranda	13/15
RA Rivera	12/15
Gloc-9	12/15
Medwin Marfil	12/15
Brandon Vera	11/15



YOU CAN LOOK

(BUT DON'T TOUCH)



SHAIRA LUNA
OF AT EAST | JED ROOT

ANTON D. UMALI

STYLING: SAM POTENCIANO • **MAKEUP:** AMANDA PADILLA OF AT EAST | JED ROOT • **HAIR:** CATS DEL ROSARIO OF AT EAST JED ROOT

Touching is an integral part of sex, and model Mimi Casil likes a lot of it. For her, foreplay is fun, thrilling, and most important, can lead to late night quickies on dark provincial roads. Aside from being a certified calendar girl and FHM.com.ph sensation, the sweet and rowdy Gen San native isn't afraid of parading her ample assets to get you boys in the mood for more. If you're starting to imagine a sweaty afternoon in her company–her creamy skin grazing yours, her wild mane framing her coquettish grin, her tight tank top lifting just enough for you to sneak a peek–then you're one lucky bastard. We got Mimi to simulate said hot sesh for your personal viewing pleasure. Look, but don't touch. After all, Mimi here admits to being quite the tease.





This is your second shoot for *FHM*. You were a 100% Hottie for FHM.com.ph. How were the experiences different?
The hottie shoot was my first time so *medyo kailangan may pampalakas ng loob*. I decided to drink before the shoot, ha ha! *Hindi ko talaga kaya* because I was nervous, but this time I was more comfortable.

So are you the type of person who gets extra confident as the drinks multiply?
Oo! Nawawala yung hiya ko.

What's the craziest thing you've done under the influence?
Actually, *kaya ko na siya gawin ngayon kahit hindi ako nakainom*. The worst thing I did was to get on stage at an event in front of a lot of people *tapos sumayaw ako. Hindi na ako nahiya!*

You're also currently in the 2015 *FHM* x Tanduay calendar. What was it like doing that?
It's kind of overwhelming *kasi makikita siya sa buong Pilipinas. Sobrang* proud *sa akin ang* dad *ko. Tomadero at lasenggero kasi yung dad ko!* Ha ha! He called me from Canada and I was surprised. He told me he was proud of me and wants me to visit him when I get the chance.

It seems like your parents are very supportive of your sexy endeavors…
Actually *nung una nahihirapan ako kasi bitbit ko yung apelyido ng dad ko*. My mom is very supportive, *pinagtatawanan niya lang ako*. They tell me that as long as *wala akong ginagawang masama*, okay *lang*.



Do you hangout with your parents on your down time? How do you unwind when you aren't modeling?
Mahilig ako mag-beach because I'm from Gen. San. *Mahilig din mag-dagat yung* mom *ko. Gusto ko sa dagat palagi* because I just like to chill. If *walang* beach, sa pool with some girlfriends *masaya na ako.*

Do you think that Bisaya girls are sweeter than women from Manila?
I actually wouldn't know because I'm more Ilongga than I am Bisaya. My mom is Ilongga and my dad is Bisaya, but I grew up with my mom. The culture is very different. *Yung* mom *ko sobrang malambing*, *pero yung* dad *ko pag nagalit*, *grabe*, *nakakatakot*! When I went to school in Gen San, *matigas ang ugali ng mga tao.*

Which side do you think influenced you more?
I think I'm more like my mom. *Hindi ko na-adopt yung ugaling* Bisaya. *Malambing din ako.*

How do you express your *malambing* side when you're in a relationship?
Mahilig ako ng magbigay ng small kisses! *Pag tulog yung* guy, *hahalikan ko siya* while he's sleeping, ha ha! I know it's weird *pero natutuwa ako pagtulog yung* lalaki. *Tinitingnan ko lang siya* then I plant kisses on him.

On the flip side, how would you want to be treated when you're in a serious relationship?
I just want to be treated fairly. *Seryoso naman ako* when I'm in a relationship. I'm fine with whatever he wants to do, so long as he isn't hurting anybody in the process.

Aside from being fair, what other qualities should your dream dude have?
Dapat matiyaga manligaw and *matiyaga sa topak ko*! Ha ha.

Should he also be *matiyaga sa kama*?
Siguro naman, *kasi matiyaga ako*! Ha ha!

When it comes to sex, how do you like to be seduced?
Madali akong ma-arouse. Kapag ang lalaki mahilig mang himas, *yung tipong kung saan-saan nakakaabot yung kamay*, *na-tu-turn-on ako*!

So touching and foreplay are a must?
Of course! I like that feeling of being thrilled before the act itself. *Gusto ko yung manggigigil ako*, where I end up stealing the moment from him.

Can you share any of these intimate *gigil* moments with us?
My guy and I were on a long drive home from the province. *Madilim na yung daan so naging malandi ako.* I touched him all over while he was driving. *Napahinto kami tapos…* ha ha! *Dun na kami sa kotse.*

Were you guys scared of getting caught while in the act?
Hindi ko na naisip yun! Ha ha! *May* fear *na baka may dumating na tao at makakita sa amin*, *pero* at that point, *ayoko nang itigil.* **FHM**



My guy and I were on a long drive home from the province. *Madilim na yung daan so naging malandi ako.* I touched him all over while he was driving. *Napahinto kami tapos…* ha ha! *Dun na kami sa kotse.*



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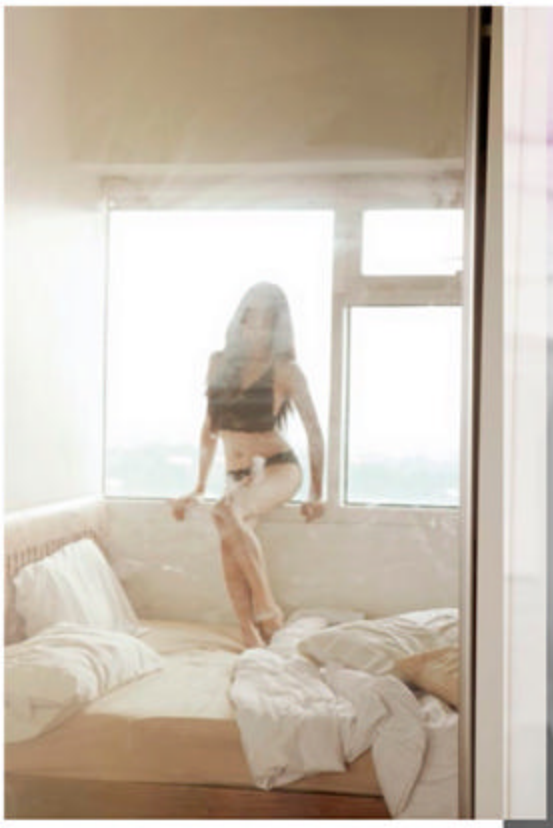
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PONG CASTILLO

P I L L

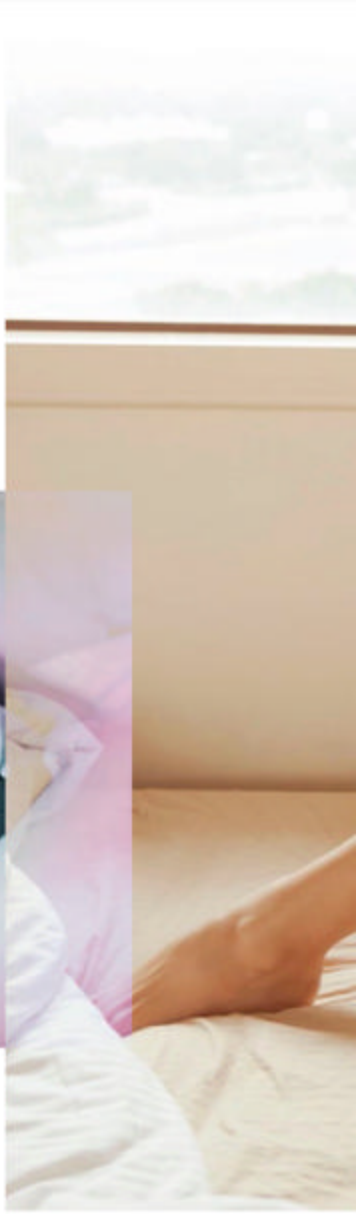
MODEL VIVIENNE CHANCEY HAS A VERY HANDS-ON APPROACH TO TOTAL MIND (AND BODY!) WELLNESS



STYLING: SAM POTENCIANO • **MAKEUP:** AMANDA PADILLA OF AT EAST | JED ROOT • **HAIR:** CATS DEL ROSARIO OF AT EAST | JED ROOT







Vivienne Chancey reminded us of a few things during our first meeting: how nice it is to chill midday at home, the dream girl we should be sharing our day with…and that she kind of looked like *Sabado Nights* babe Ina Raymundo. But Vivienne here knows other ways to catch your attention than to make you crave beer on a lonely weekend's night.

We learned that on her days off as a model, she has her hands on other important things. The 22-year-old vixen already owns a spa and plans on expanding her business when all goes well. And if that entails being hands-on at work, then so be it. She claims to be experimental when it comes to the dating game, so if you're lucky enough, she might just have her hands all over you as well.

You were very quiet during the shoot. What was going through your head?
It's actually my first time to do a sexy shoot, and it's overwhelming to be part of *FHM*. First year *ko 'to sa* modeling. *Yung* long-time friend *ko, si* Christina Oquias [also an *FHM* babe], has been modeling for four years already. She convinced me to try it.

First times are definitely memorable. What thoughts will you be taking home with you of what we just did?
I really had fun doing this shoot. *Sobrang* chill *kasi*, very laidback. I didn't expect the shots to turn out that great.

You're only 22 and you already own a business. Seems like you've got your future covered.
Mahilig kasi akong magpa-massage talaga. I just met the right people and learned my way through the business. *Nag-umpisa sa hilig*, then *natutunan ko na lang din kung paano paandarin ang negosyo*. So far, okay *naman*.

What's the hardest part of running a spa?
Ako lang talaga ang owner, *wala akong* partner. The hard part was when I had to sacrifice some of my beloved stuff, like my car, *para mabuo ko yung* capital. Perpetual Massage *ang pangalan ng* spa *ko*. It's still a startup business, so *medyo maliit pa lang yung* place. Someday I'll branch out when business goes well.

We don't want to go off topic, but we really couldn't help it… *kamukha mo si* Ina Raymundo!
Maraming nagsasabi niyan, kahit nung bata pa ako. It's kind of nostalgic for me, because I used to watch her when I was young. *Naaalala ko yung pagkabata ko, siyempre*. Lately *sinasabi nila kahawig ko raw si* Angel Aquino *at si* Isabelle Daza, *pero mas* expected *ko* from people *yung* Ina Raymundo remark, ha ha! It's flattering of course!



'*NAAALALA KO YUNG PAGKABATA KO, SIYEMPRE.* LATELY *SINASABI NILA KAHAWIG KO RAW SI* ANGEL AQUINO *AT SI* ISABELLE DAZA, *PERO MAS* EXPECTED *KO* FROM PEOPLE *YUNG* INA RAYMUNDO REMARK, HA HA! IT'S FLATTERING OF COURSE!'

And would you say you have your super sexy side, too, *mala-Sabado Nights*?
Uhm, lately *na-discover ko*…I've been feeling this fire inside me *na hindi ko ma-expose kasi* I grew up in a conservative family. As in *bawal akong mag-sleeveless*, *ganun*. Then *nung naging* independent *na ako*, *meron akong nakilala*. He was able to bring out that fire in me. He's not my boyfriend, just a friend. But when we hang out, *na-e-excite ako*, *nagbabago yung* personality *ko. Masasabi ko rin siguro na*, yes, *meron akong* wilder side *na bihira lang makita ng maraming tao sa akin*. I guess you have to be extra special to bring that out in me.

Say, we're that special someone who sparks that fire in you, what can we expect in return?
Before *kasi sa* relationships, *masyado akong* tight. *Gusto ko pag kami na*, *kami na* forever. *Sa* bed *naman*, same thing, *masyado rin akong* conservative. But lately, I want to try other things. Okay *lang sa akin* to go on dates with different people just so I can meet new friends. *Para rin malaman ko sa sarili ko kung ano talaga ang gusto ko. Sa* bed *naman, meron akong* curiosity *na gusto kong i-feed* lately. *Hindi ko alam kung dahil ba yun sa* dance number that I practice with my friends, *pero meron akong* fantasy *na gustong i-perform*...
Which is?
To striptease! Ha ha! And it would definitely be to Beyonce's "Dance For You." That would be perfect, *suwerte lang ng* guy *na masasayawan ko nun*!

We agree! Since you're into massages, is this also the perfect gesture to get you in the mood?
That's really the way to get me in the mood, if you know what I mean.
And where's the perfect spot we can work to our advantage?
Ha ha! *Sa batok talaga*, *kahit hipan mo lang nandun ang kiliti ko*.
Now if we're really lucky, how would you return the favor?
Well, for one, I am good at massaging. I am very possessive; I don't like the idea of other women touching my man. *Gusto ko ako lang*. So yes, I can work things out from there. **FHM**



'*MASASABI KO RIN SIGURO NA*, YES, *MERON AKONG* WILDER SIDE *NA BIHIRA LANG MAKITA NG MARAMING TAO SA AKIN*. I GUESS YOU HAVE TO BE EXTRA SPECIAL TO BRING THAT OUT IN ME'


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JERICO MONTEMAYOR
OF SIMULACRA

MIKEY AGULTO

STYLING: BELA VITUG · **MAKEUP:** RHINA MONTEMAYOR · **HAIR:** GEORM IMPERIAL





Patricia Roque's got so much love to give, and it couldn't be more apparent in the way she blabbers on about her first *FHM* shoot during the interview. Or when she takes selfies with the crew during breaks. Or when she posts sweet photos of her "super mom" on Facebook. Or when she toys around with her model friends during car shows. The love is just there, you know? Point is, amid all the bad gals on this planet, the world could use more good girls like Patricia. And here she is just spreading the love.



Welcome to FHM! First time, right?
Yes, this is my first time. *Sobrang saya pala*!
We heard your boyfriend needed a lot of convincing. We hope he's cool with this.
Oo nga! *Pero sinabi ko sa kanya na sayang ang* exposure. *Maraming* models *na gustong makakuha ng ganitong* opportunity. *Wala na siyang nagawa*, *so* pinayagan *na niya ako*.
What are you like as a girlfriend?
Selosa akong girlfriend, *pero ako yung tipong tahimik lang*. *Kung mahuli man kita na may ka-text o may kalandian, didiretsuhin naman kita*. I'm very straightforward when it comes to these things.
We've worked with a number of car show models.
I know! I'm friends with Bianca Peralta, Gail Sandoval, and Cathy Frey. I can't wait to show this to them.
How do you pamper yourself after a day's work?
Hindi naman ako sosyal na tao. After a show or an event, I pamper myself by going to the mall or the salon. Most of the time, *natutulog lang ako sa bahay*.
Do you have any *rakets*?
Besides modeling, *marami akong mga* "side projects." *Minsan nagbebenta ako ng* bags, perfumes, *tsaka* whitening soaps. *Kumikitang kabuhayan*, ha ha!
Your selfies on Facebook are amazing, by the way. How much effort do you put in it?
Aminado naman akong hindi perfect *ang mga* selfies *ko*. *Wala naman sa ganda ng mukha 'yan*, *basta dapat alam mo kung ano ang magandang* angle *para sa'yo*. And don't forget to smile!
You do look very happy in the photos.
Gusto ko lang kasing maging happy. *Kahit malungkot ako*, *gusto ko yung mga* posts *ko sa* Facebook *at* Instagram happy *pa rin*. *Mas nakakatanggal siya ng* stress *kapag may problema ako*.
Will it turn you off if a guy takes more selfies than you?
Hindi naman. *Pero siyempre masagwa rin kapag ang lalaki mas malakas pang mag-selfie kesa sa akin*, *di ba*? Ha ha! **FHM**



'AMINADO NAMAN AKONG HINDI PERFECT ANG SELFIES KO. WALA NAMAN SA GANDA NG MUKHA YAN, BASTA DAPAT ALAM MO KUNG ANO ANG MAGANDANG ANGLE PARA SA'YO. AND DON'T FORGET TO SMILE!'

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FHM LOVES DAD PRINTS!

MOVING ON TO DAD JEANS

It's not sad anymore with the Alpha Khaki

This 2015, some of you will experience that moment of clarity when you realize that, as a grown-ass man, you need to stop shopping where all the kids go—probably while standing in line at the hip new fast fashion chain along with kids who have all sorts of loud socks and colored hair. But wait, you think! You're a cool pops and you need that slim feel over your thirtysomething thighs—well, long-time daddy vibes brand Dockers is your unexpected sanctuary.

Because while you weren't looking, they created the Alpha Khaki that comes in three degrees of tapering—wearing Dockers no longer means looking like every parody of badly dressed office drones ever. Colors include non-stodgy shades like camo and plaid. Your son may even borrow them when you aren't looking. But really, the best thing is you don't need to fall in line with those damned kids with loud socks and colored hair to buy pants.

WORDS: ASH MAHINAY; PHOTOGRAPHY: MARK JESALVA

FHM STYLE

presents

Rules of

ANNOYING (BUT WELL DRESSED!) COUPLES

WORDS: ASH MAHINAY
PHOTOGRAPHY: RALPH MENDOZA
STYLING: SAM POTENCIANO
GROOMING & MAKEUP: SARI CAMPOS

MODELS: LOU MUÑOZ AND DANIEL VELASCO OF PMAP AND LUPI THE DOG

Rule no: 1

TROPHY GIRLFRIEND

HER 'HUBBY'

WEAR HIS + HER OUTFITS

Note: His + Her not Her + Her (or the other way around). We'll let wearing outfits that are real similar pass, but the exact same things? Might as well wear a uniform.



ON LOU: SWEATSHIRT, P1,800, THE ARTISAN; JOGGERS, P999, PENSHOPPE; ON DANIEL: SWEATSHIRT P2,395, TOPMAN; JOGGERS, P999, PENSHOPPE


Rule no: 2
ON DANIEL:
SHIRT P2,195,
TOPMAN
ON LOU:
DRESS, P1,895,
TOPSHOP
!
Say hello to analogous colors: hues that sit next to each other on the color wheel. They look good in a less blatant way than complementary shades and you won't have to fight over which Instagram filter matches whose outfit better. Win win.
DIE!
DIE!
DIE!
The
SELFIE STICK SELFIES

Rule no: 3 EXCESSIVE DISPLAY OF 'AFFECTION'



ON LOU: VEST, P1,400, BASIC MOVEMENT; CORSET, P399.75, BENCH BODY; SKIRT, P699, PENSHOPPE
ON DANIEL: BUTTON-DOWN SHIRT, P899, PENSHOPPE; JEANS, P1,099, PENSHOPPE

!

If she's dressed up and you're not, your mismatch will look straight out of *She's Dating the Gangster*. On the other hand, if you're swagged out and she's in spaghetti straps, people will think someone is getting paid. Keep it on the same level.

Rule no. 4

CELEBRATE MONTHSARIES

ON LOU:
CROP TOP, P795, TOPSHOP; PLAID SKIRT, P2,695, TOPSHOP

ON DANIEL:
TEE, P1,595, TOPMAN



!

You want to look like you got each other something thoughtful–how about matching details? Nothing like literal small print saying you pay 100% attention to each other right?





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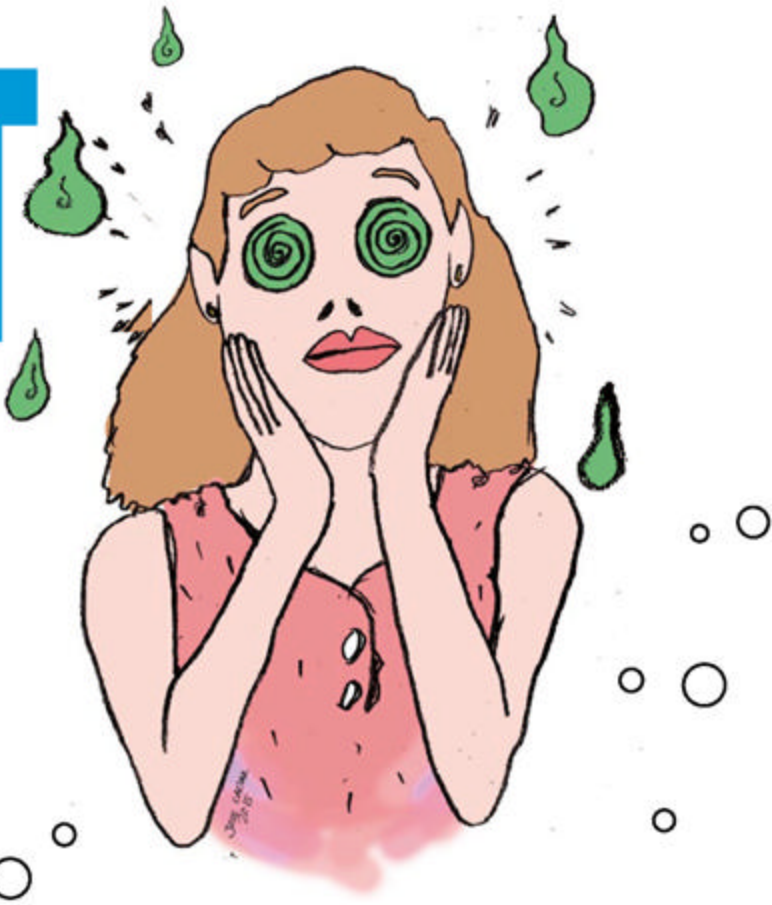
THE GIFT PLOT

WORDS:
ASH MAHINAY
ILLUSTRATIONS:
JC JAMORALIN

How to give presents–and how to hint for them in return

In a perfect world, our wives and girlfriends would never get us something ugly as a gift and–most importantly–will always get us things in the right size. Nothing is more heartbreaking than getting the exact thing you want and finding out that it doesn't fit. Subconsciously influencing your woman doesn't happen overnight, so get started on it at least two months before your birthday.

On the flip side, we don't want you to be that guy when giving presents to your bros, dads, and *inaanaks*. Behold, the one time we at *FHM* actually help you care about other people aside from yourself!

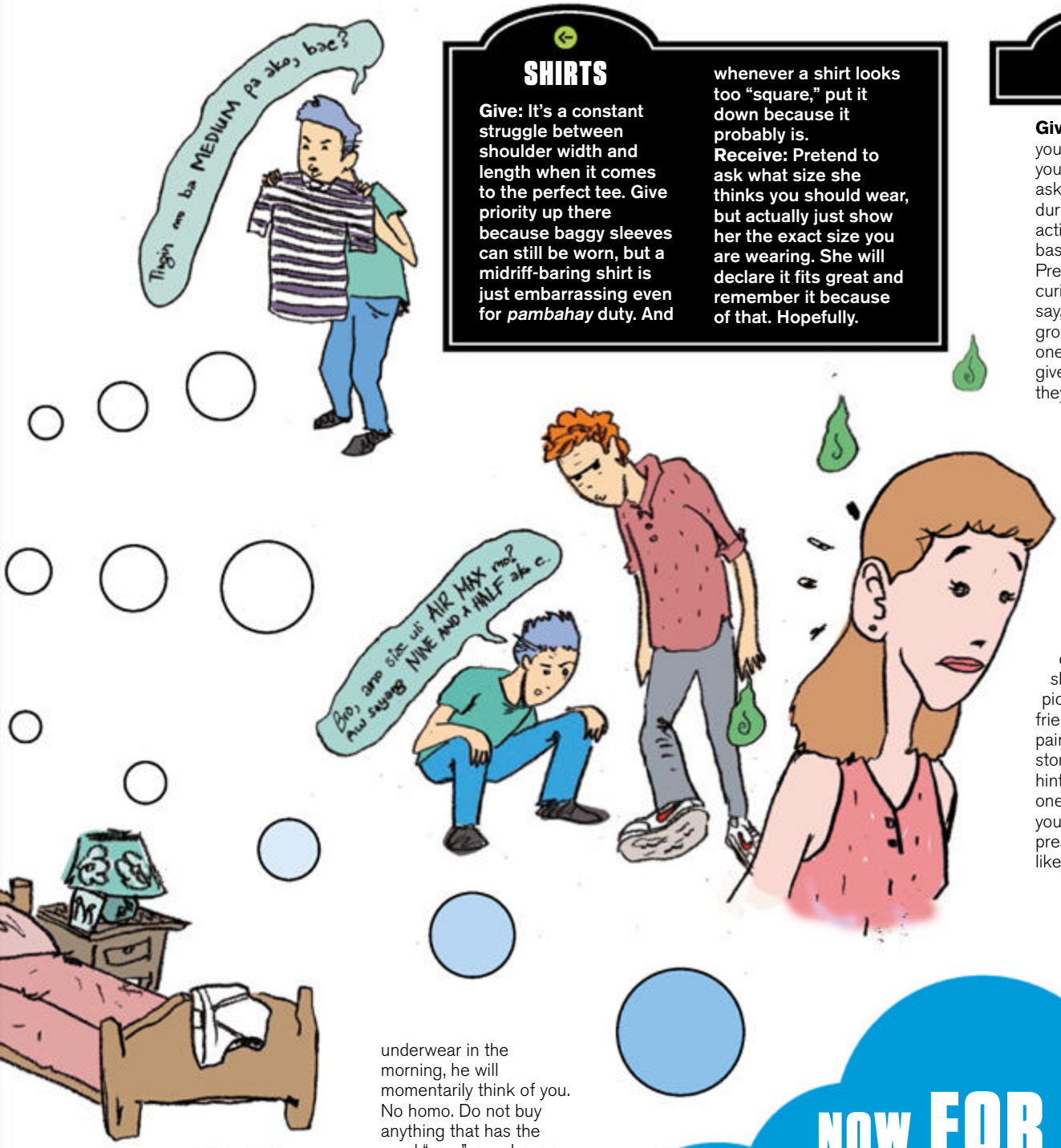




PANTS

Give: It is better to give a bigger pair than something too small. You could always tailor down, but there's no way to loosen a tight pair of jeans. Many pants now come in long and short versions per waistline size; pay attention to that number as well.
Receive: Loudly complain that slim (or, on the other hand, straight) cuts don't flatter your gams when someone wearing a particularly extreme pair passes by. Use the line on the left to inform her of your size for two brands at the same time for max efficiency.





SHIRTS

Give: It's a constant struggle between shoulder width and length when it comes to the perfect tee. Give priority up there because baggy sleeves can still be worn, but a midriff-baring shirt is just embarrassing even for *pambahay* duty. And whenever a shirt looks too "square," put it down because it probably is.
Receive: Pretend to ask what size she thinks you should wear, but actually just show her the exact size you are wearing. She will declare it fits great and remember it because of that. Hopefully.

SHOES

Give: What a great bro you are, giving shoes to your buddies! Straight up ask for their shoe size during foot-centric activities such as basketball after work. Pretend to simply be curious about the fit. Or, say, how fast your *apo* is growing nowadays. No one will expect you to give them shoes–though they may suddenly offer to sell you their pair if you act too interested.

Receive: Do not play games when it comes to hinting for shoes. Show her pictures, drag along a friend who has the same pair, gawp at it in the stores until she gets the hint. New kicks are the one gift she will expect you to wear in her presence–whether you like them or not.

UNDERWEAR

Give: Do not buy a 3-pack and separate one as a present because that will officially make you the cheapest man alive. Be generous and give the entire thing. Find comfort in the fact that whenever your bro puts on his underwear in the morning, he will momentarily think of you. No homo. Do not buy anything that has the word "sexy" anywhere on the packaging.
Receive: Boxers usually come in brackets of S, M, and L–which is pretty much code for children, average people, and fat people. The way underwear is packed is deceiving to the eye, so just hint that your socks are feeling pretty ratty. There is no such thing as a pair of socks that don't fit, and they are often made as one size fits all.

NOW FOR THE LADIES...

The number one rule for gifting clothes to girls is to never gift clothes to girls. Get them something too big and they wail, "So you think I'm fat!?" Get them something too small and, yup, "Am I fat!?" Our advice: just take them shopping and foot the bill.









FHM FEBRUARY Girlfriend

Tatiana Rudenko

We go bonkers every time she puckers her lips

It's all about those lips. Photographers, makeup artists, and models from all over Asia have expressed their desire to work with Tatiana, and we reckon it has everything to do with the Russian-Ukrainian model's plump kissers. She's gorgeous and sexy, sure, but those smackers just incredibly look soft, sweet, and amazing. It would make all the difference in the world to know what those babies taste like. Just like you, we'd give everything and anything for one long, tender kiss...

You sort of remind us of Emily Ratajkowski. Are you two related by any chance?
Ha ha! Thank you, but I don't think we're related.
What are you doing here anyway?
I'm in Manila because of work, but I'm also planning to explore the beaches while I'm here.
How would you compare Manila to Russia?
When I was a child, I thought you couldn't find a colder place than Russia. The temperature is definitely more favorable here in the Philippines.
Russian women are known to be strong drinkers. Are you?
It has been 11 years since I left Russia, so I can't really say. I'm not a strong drinker, but I can handle my wine or mojito if the mood is right.
Tatiana sounds like a tough girl's name. Do you consider yourself a toughie?
Not at all! I'm a lover, not a fighter.
You have such amazing lips. Do you happen to have a favorite body part?
Well, I have my mom and dad's genes to thank for that. I'm proud and confident of my body, so I don't have a favorite body part.

Photography: **Ari Simangan**
Interview: **Mikey Agulto**

Styling: **Jenny Sibulo**
Hair and Makeup: **Miko Dacanay**

We heard you have a twin sister. Can you tell us more about her?
Elena is my other half and best friend. We literally do everything together, be it traveling, laughing, or just plain living. She's my mirror. I talk to her every day.
How come she's not here? That would've been fun.
She's in China right now, but we'll be together very soon. You're going to love her!
What's the best thing about having an identical twin?
Sometimes, if I'm busy, Elena can do the job for me. Ha ha!
It feels like you belong in a Victoria's Secret or Calvin Klein commercial. Have you gotten any offers yet?
I know that every girl dreams of becoming a Victoria's Secret model, but I don't. I have other interests in life.
How do you keep in shape?
I live a balanced and healthy life. I usually do my own cooking so I know what goes into my body. I find that swimming helps a lot too. It keeps me toned.
How would you describe yourself as a girlfriend?
I'm a very understanding girlfriend. I will support my boyfriend even in the darkest of times. See, I'm good at these things! Ha ha!







QUICKFIRE ROUND

Sex on the beach or sex on the couch?
I'd rather do it on the couch, thank you very much.
Dogs or cats?
Oh my gosh, I'm definitely a dog person.
Girls' night-out or a dinner date?
I travel a lot, so I look forward to dinner dates a lot more.
Undies or no undies?
Undies, no question!

'WHEN I WAS A CHILD, I THOUGHT YOU COULDN'T FIND A COLDER PLACE THAN RUSSIA. THE TEMPERATURE IS DEFINITELY MORE FAVORABLE HERE IN THE PHILIPPINES'

Tatiana's life this month



Oh my babies thank you for the detox, what a great recovery :)



Life is like a camera. Just focus on the good times!



Find a book for my holidays :)

UPGRADE

REAL MEN DRINK JUICE

If you're slowly killing yourself on booze and bad food, a juju cleanse might be the detox your unholy body needs

WORDS: ANTON D. UMALI

SPECIAL THANKS TO KAT AZANZA OF JUJU CLEANSE; FOR INQUIRIES VISIT THEIR WEBSITE AT WWW.JUJUCLEANSE.COM



WTF IS A JUICE FAST?

An all-liquid cleanse of cold-pressed fruits and vegetables (you can juice at home, but products purchased with set programs are more convenient). Ideally, no solids (meaning goodbye burgers, burritos, and steaks) should be consumed during this period, which can be anywhere from one to seven days (or longer for seasoned cleansers). "When the body is fasting, the digestive system is essentially given a break, while the body still continues to nourish itself from all the juices being consumed," says Kat Azanza, founder of Juju Cleanse, one of the most popular juicing cleanses in the country. "When the digestive system is shut down, this is the only time the body can effectively focus on the absorption of nutrients and elimination of toxins on the cellular level."

WHY JUICE?

The food and drinks we consume, our very environment, pollute our bodies. "These toxins accumulate in the body and we start feeling symptoms like allergies, skin rashes, acne, and a weakened immune system," says Azanza. "We regard these little symptoms as 'normal' and live with them. Giving the digestive system a break through cleansing helps in the healing process. "

Level 1 Juju program (what we did) is P7,500 for three days

THE SKINNY ON THE PROCESS

Level One (the three-day, baby-steps version designed to wean you into detox) is six bottles, or three liters of liquified mixed fruits and green veggies a day. There's a strict schedule to be followed and cheating with solid food (even just crackers) is counterproductive to the process.

"A man's got to eat," goes the old adage, but a bro's got to detox, too! On one hand you will crave the smell of a pork chops frying in butter. On the other, the promise of a detox sounds refreshing after a post-holiday binge extension.

DAY 1

Poopy situation: Normal, a bit gooey but nothing out of the shitty ordinary
Number of times peeing: More than 10 times
Food craving: Not difficult. In fact, getting through Day 1 was a breeze as some of the juices were quite heavy on the stomach.
Energy level: Still perky, mostly from the adrenaline rush of trying out a new diet.
Physical look: Still average and satisfactory
Overall feeling: Though the struggle of just drinking instead of eating is pervasive, this day is *mani* compared with the next two.

DAY 2

Poopy situation: Greenish and liquid-y
Number of times peeing: 20 + (no joke!)
Food craving: Saliva is starting to pool in the mouth and the whiff of any food's aroma arouses feelings of rage.
Energy level: A bit irritable when prodded with questions like: "*Gutom ka na ba*?"
Physical look: People are commenting on how glowing and *kinis* our skin is.
Overall feeling: There's a general feeling of lightness: easier to get out of bed in the morning, a weird boost in energy, and an overall clean feeling persists.

DAY 3

Poopy situation: Mostly water: easier to flush and less smelly
Number of times peeing: Every hour that our bladders felt like the size of, ehem, a pea
Food craving: Officemates start to look like walking, talking fried chicken. The pain is real.
Energy level: Sad. Lonely. Mostly because bacon was our best friend. But still alive.
Physical look: Nice-as-a-baby-butt facial skin. And our beer belly has wasted away!
Overall feeling: *Gapang na*! But satisfied and elated that it's the final day. Overall, there's a sense of wellness that you don't want to dabble in any vices.

SOUPED UP

Juicing benefits include:
- Improved complexion
- Hydration. (Most of us are chronically dehydrated.)
- Rest for the digestive organs. Allowing the body to focus on elimination (pooping) rather than digestion.
- Boosts immune system via nutrients entering straight into the bloodstream.
- Reduces bloat.

FAT OFF!

"You're cutting down on your calorie intake in general, that's the reason for losing weight," says licensed nutritionist and dietician Dave Clark Sison, MSc, RND. "But there's no guarantee you'll keep it off after juice fasting. Most probably, you will just gain it back before you stop."

What's in the drink? What time do you take it? How does it taste? Your questions: answered!



Green Bomb

An elixir of green veggies (celery, cucumber, malunggay, lettuce, spinach) to kick-start the day.
Number of bottles: 6
Tastes like: Car air freshener
Time of consumption: 7:30 a.m. and 5:30 p.m.



Spicy Limonada

Lemonade with a kick of cayenne pepper boosts the body's pH into an alkaline state while revving up metabolism.
Number of bottles: 3
Tastes like: A refreshing summer cocktail without the vodka.
Time consumption: 10:00 a.m.



Red Giant

Made with beets, pineapple, carrots, and ginger, this hearty cleanser is the midday treat.
Number of bottles: 3
Tastes like: Sweet snake blood (don't ask us why we know that)
Time of consumption: 12:30 p.m.



Alkazest

An antioxidant in the form of a grapefruit, pineapple, and coconut concoction that replenishes electrolytes for better energy.
Number of bottles: 3
Tastes like: A tropical salad that exploded in a blender
Time of consumption: 3:00 p.m.



Salabat Lemon

This potent potion of ginger is an expectorant and respiratory aid, as well as your digestive system's nightcap.
Number of bottles: 3
Tastes like: A saccharine tea that punches you in the gut
Time of consumption: 8:00 p.m.

A WORD OF CAUTION

FEEL THE BURN

"There are several harmful or adverse effects noted from juice cleansing," says Sison. "Individuals using extreme calorie deprivation (specifically from macronutrients) can have low blood sugar, muscle aches, fatigue, irritability, and nausea. It is possible for one's life to be endangered. Extreme deprivation of the body of key nutrients can lead to dangerous situations."

MONEY AND SCIENCE

"You must think twice before going on a juice fast," Sison reiterates. "Aside from the fact that it is expensive, scientific evidence is weak on the claims that it promises. But if you're persistent, make it short. It's not healthy to restrict your body for weeks from the other nutritious foods it needs."

DO NOT DO A JUICE CLEANSE IF:

- You have diabetes
- Are pregnant or a nursing mother
- Have kidney/liver disease
- Are a cancer patient
- Are on blood thinners

SHOULD YOU GET INSURED?

You've been living like a daredevil. Get something to back you up when the odds go against your favor

While the old trick of saving up money in your trusted piggy bank works for the many times you run out of jeepney fare, you can't really expect it to pay for unexpected expenses that range from a broken-down car to a medical emergency, can you? So what do you do? Pay someone who can cover the bills for you when shit happens. That's right—get insured.

An insurance plan is an agreement between you and an insurance company, which will provide guaranteed compensation for a specified loss, damage, sickness, or death. Of course, you will have to pay for this whether the unexpected happens or not, that is part of the agreement. But things shouldn't cost you your whole month's paycheck. "There are more flexible insurance options now available for different clients," says Tere de Guzman, wealth portfolio manager at Philam Life. So if you have plans of securing your future to avoid bankruptcy, you might want to consider spending for that premium now.

I HAVE A FAT BANK ACCOUNT ANYWAY...WHAT'S THE BIG FUSS ON INSURANCE?

Sure you do, lucky bastard. But as in all good things, your fat bank account will eventually deplete. Applying for an insurance is like letting someone do the hard work. Says Philinsure VP Grace B. Castillo, "By paying annual premiums, you are letting the insurance company provide coverage for when you need damage control. Savings is for your usual needs—children's education, purchase of a house or a car," she adds. "Insurance is for protection for something that is not expected and it's usually more expensive."

SO HOW ARE YOU ABLE TO DO IT? I MEAN, I PAY YOU BUT YOU PAY ME BACK AN EVEN BIGGER AMOUNT?

Castillo says that the price is based on the age and health condition of a person, or the condition of a property. The premium is based on the info you provide and the plan you want to get depending on your capacity to pay.

WHAT ELSE IS IN IT FOR ME?

Good news: You don't have to die before you get something out of your insurance purchase. According to PhilamLife executive financial advisor Marie F. Lumanlan, MDRT, "an insurance product provides beneficiaries of the insured that will help maintain their lifestyle. The living benefits could send their children to good school, pay medical bills, travels, or whatever plans they have that need funding." In short, buying an insurance product with an investment plan will help you set goals.

The trick to making ends meet is to budget. "Allocate 10 percent of your income to paying your insurance fees and long-term investments," advises Lumanlan. As the saying goes, "If you fail to plan, you plan to fail."

LIFE PLANS vs. NON-LIFE PLANS

You will be needing both anyway...





	LIFE PLANS	NON-LIFE PLANS
Coverage	Death, health (illness), income protection, payment protection	Loss, damage, repair, accident (flood, fire, earthquake, etc.) of properties like houses, cars, and buildings
Expenses	Premiums go for as low as P16,000 a year with annual taxes depending on the coverage of the policies	The premium fees will depend on the condition of the property and type of coverage you want to provide for it
Advantage	This will not only cover personal expenses of the insured person, but can also cover expenses for their dependents	Non-life plans protect your long-term investments and provide maintenance and sustainability in cases of emergency
Other benefits	Insurance plans are now available for purchase of mutual funds. That means growing your money in the process while you're paying for the future!	
Requirements	Full disclosure about the applicant's family health background	Non-life plans require thorough description of all insured properties' condition, certificates of registration, and specs



SURE THEY'RE INSURED!

These insurance policies get people raking money or shaking their heads in bafflement



....AY NAKAKASILAW!
Supermodel Heidi Klum turns heads for her flawless legs, which are under a $2-million insurance policy!



TONGUES OUT!
Kiss's Gene Simmons had his tongue safe under a $1-million insurance policy.



"LITTLE ELVIS"
Van Halen's David Lee Roth got busy with the ladies in the '80s. In 2013, Roth admitted insuring his wiener for $1 million.

WORDS: PONG CASTILLO

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Your place in finding your new space

The

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real estate classifieds website
with up to **200,000** For Sale & For Rent
listings to choose from!



myproperty.ph MyPropertyPH

mypropertyph gplus.to/myproperty.ph

Singapore Lights Up After Dark

As fun as the Philippine party scene might be, nothing beats going crazy outside the country.

For your next weekend of fun and excitement, look no further than Singapore's superclubs, legendary parties, and wild festivals. Only a three-and-a-half hour flight away, Singapore is exactly where serious party-goers head when they want to let it all out.

Dancing on the beach to amazing international and local DJs from dusk 'til dawn at **ZoukOut,** Asia's only sunrise beach party? Check.

Indulging in awesome cocktails all day long from award-winning mixologists during **Singapore Cocktail Week**? Check.

Discovering that one new band at **Laneway Festival Singapore** guaranteed to make you sound automatically cooler than all your friends who stayed home? Check.

An infinite number of options for fun are at your fingertips when you visit Singapore. Don't forget to take pictures!

To find out more about the endless options awaiting you and your *barkada* in Singapore, visit **yoursingapore.com/ph.**

Photo credit: Zouk Management

YourSingapore

Out-of-Towner

Four reasons the Isuzu MU-X is the ideal SUV for countryside cruising

MOTOR



ISUZU MU-X

Engine Type: 2.5L 4JK1-TC, 4-Cylinder In-Line DOHC Diesel Engine with Turbo Intercooler
Maximum output: 136Ps @ 3,400 rpm
Maximum torque: 320Nm @ 1,800-2,800 rpm
Transmission: 5-speed automatic sequential shift
Price: About P1.758 million

WORDS:
ANTON D. UMALI





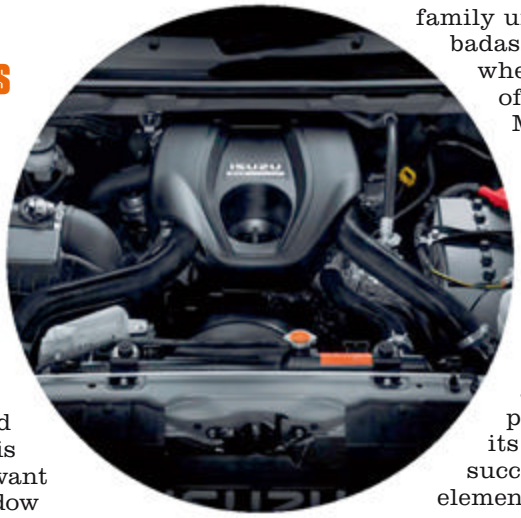
MU-X inside: Some houses are smaller

REASON #1: ROWDY FRIENDS-FRIENDLY

Pegged as a fambam vehicle thanks to the always-poised Kramer family, the MU-X might be overlooked as a *barkada* road trip car. But it is more than worthy of your inner circle. Capable of sitting six more of your delinquent vacationing *compadres* without sacrificing the luxury of comfort, its sick leather interiors work harmoniously with the car's unique suspension system. Made up of an independent double wishbone with coil springs and stabilizer in front, and a five-link with coil springs and stabilizer bar combination in the rear, the suspension renders your drive less bouncy even when the roads are rocky as hell. Hey, if it's good enough for *FHM* covergirl Cheska Garcia, it should be good enough for you.

REASON #2: FOR A BIG VEHICLE, IT'S PRETTY SWIFT

The 4JK1-TC is the MU-X's robust 2.5-liter diesel engine that makes your road trip feel like you're flying in first class despite your heavy load of rambunctious bros and luggage. Maximizing torque and power, the experience is so smooth that you'll want to roll down your window and stick your head out like a dog on its first day out.



REASON #3: SAFE AND SOUND

During any vacation, safety is always of premium concern. Long drives are especially susceptible to random accidents. However, there's a higher level of safety with a feature like the Traction Control System (TCS), which enables a steely grip on any surface should the driver encounter any slip-ups due to outside forces. The MU-X doesn't only serve as your vehicle from point A to B, but also as an on-the-road shield against anything that threatens a possible bad trip.

REASON #4: OFF-ROADER MADE CLASSY

It would be a mistake to dismiss the MU-X as simply for carefree family units. It's pretty badass, too, especially when it comes to its off-road capabilities. Melding a stylish aesthetic with the work ethic of a horse has always been the mark of an Isuzu vehicle. Whether you wish to take it to the rocky mountains or far away to the most provincial of beaches, its drivability never succumbs to the elements.

THE V-DAY WEEKEND PLANNER

Since Valentine's falls on a weekend, we help you answer one simple question...



SHOULD WE STAY OR SHOULD WE GO?

SHE SAYS WE SHOULD GO

What kind of Valentine's weekend would you like to have?

We actually haven't made up our minds.

Something more adventurous. City life has become so dull of late. We need to see some action.

We want to go somewhere where we can free our minds.

STAY.

Water sports ain't a bad idea.

Diving.

Bedroom action—somewhere rustic.

What kind of action?

Any place next to a body of water.

What sort of thing will free your minds?



A nice, cozy beach house that will make us feel like a boss.

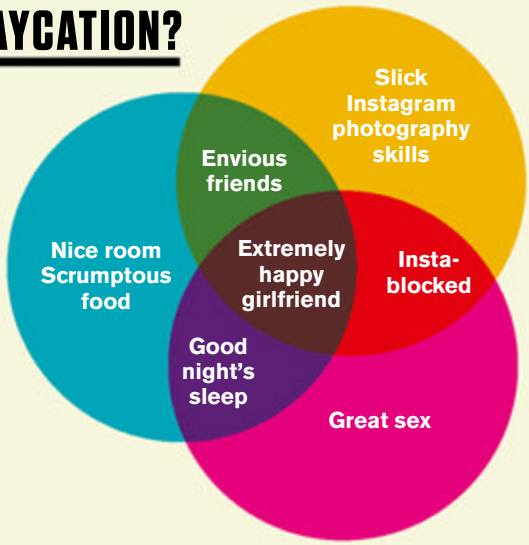
Roxas Boulevard and Guadalupe are next to a body of water, right?

Why, thanks for the reminder! I'll check Agoda for hotels near those places.

Nah, the missus has a sensitive nose.

Turn to p. 26 for some *biglang liko* ideas

WHAT MAKES A GREAT STAYCATION?



WORDS:
ALEX C. PAITA



VISTA APLAYA RESORT
Barangay Balagbag Bagalangit, Mabini, Batangas
How far: About three hours, or 125km away
vistaaplaya.com



ZAMBAWOOD LUXURY BEACH RESORT
Fernandez Compound, Purok 1B, Barrio La Paz, San Narciso, Zambales.
How far: About four hours, or 170km away
zambawood.com



NETWORX JETSPORTS
Waterfront Rd, Subic Bay Freeport Zone, 2222
How far: About 3 hours, or 160km away
networxjetsports.com

P30,000 and above

P20,000 to P29,999.99

P19,000 and below

We know a few places... What's your budget?

Tagaytay? *Pang-kabit yun*! I want something special for my girl!

Overnight lang? *Bitin*!

Are you willing to drive all the way up to Baguio?

Sadly, my gas budget won't permit me to even reach the entrance of TPLEx.

Not until you mentioned it.

BAGUIO

Poor soul. Have you heard of this place called Tagaytay?

TAGAYTAY

K lang



Some place that's cold and forest-y.

Diving!

Surfing!

Jet-skiing!

Diving, surfing, or jet-skiing?

If you're talking about girls screaming, that's music to my ears.

Sshhh, peace and quiet, please.

Do you mind a bit of a water-sports-related ruckus from in the area?

HOT METAL



WORDS: PONG CASTILLO

Learning to read again

For the times when YouTube just won't load...



Lazypod mobile phone holder

If you're using your phone in bed for whatever purpose, then you have dropped it at any given time and swore never to hold it close to your face while lying down ever again. But if you're keen on finishing that eBook before dawn, then you can clip this Lazypod mobile phone holder to your bedside with your phone safely clamped onto the anti-slippage holder. It can stretch for as long as 72cm and rotate your mobile phone a whole 360 degrees.
Score for: P170, Lazada.com.ph

Kobo Arc Android Tablet

Ever since Kobo came out with the Kobo Touch and the Kobo Glo eReaders, we knew they can only make things better. The new Kobo Arc Android Tablet runs on a 4.1.1 Jelly Bean that allows access to over four million eBook titles, web pages, and can even play movies and games on its 7" viewing screen that is easy on the eyes. Sure does a lot of things, eh? Best part: it boasts a seven-hour battery life on standby.
Score for: P 9,149, National Bookstore



Kindle Voyage

As if the Kindle Paperwhite doesn't get the job done, its successor, the Voyage, boasts an impressive screen resolution. At 300 ppi, reading crisp texts and graphic novels feels and looks like that on paper. Also the thinnest Kindle at 7.66mm, your wrists shouldn't hurt from hours of reading. It's easy on the eyes, too, with its auto-adjust background light. It's a bit pricier, but you get why…
Score for: P16,999



Universal tablet stand

Relive your days pretending to read at the library or in coffee shops in college with your inches-thick text book perched on a wooden book stand (given by your mom) with this lightweight and adjustable aluminum tablet stand that fits any standard-sized tablet. Now all you have to do is swipe to the next page, buddy.
Score for: P240, Lazada.com.ph



Apple iPad Air 2

The Air 2 is 18-percent sexier (slimmer) than the original but you won't really notice that unless you're one of those Apple nerds who fondle one on the reg. The new gold colorway, however, is not as easily missed. Beating inside its anorexic frame is an A8X chip–a hot-rod version of the A8 processor of the iPhone 6. Oh, you can also read on it, we guess.
Score for: P25,490 and up, Apple.com.ph

The app that procrastinates

Save now, read later

Pocket

Formerly known as Read It Later, Pocket lets you save articles you find online for later…reading. Saved content is available offline and the app converts things into an easy to read e-book format–yes, even those dastardly 10-page articles that require you to click next after every third paragraph.
On: iOS, Android



No *jowa* this month of hearts? Have smartphone, no problem...

GEEK

DATE YOUR PHONE

Remember that 2013 sci-fi movie *Her*, where moustached-slash-lonely guy Joaquin Phoenix develops feelings for an AI-powered virtual assistant? It may not be that far-fetched when you think about the advances in smartphone technology today, not to mention your clingy relationship with your phone. If you're reminded (yet again) of being sans a woman's touch this February, remember that your smartphone has at least these qualities…

WORDS: NEPS FIRMALAN



01 THOUGHTFUL ENOUGH TO REMIND

Virtual voice assistants like Google Now and Siri will update your schedule and tell you to keep track of an important event, or say, anniversary. Something your girl won't be as thoughtful—more like, angry—when remembering to remind.

No. 2 WILL NAG YOU WHEN YOU'RE LATE

Thoughtful and now a nag? Hey, everything swings both ways, buddy. When you're supposed to wake up at 6 a.m. no alarm clock is better than your phone anymore. It's like the hi-tech version of your girl constantly bugging you not to be late—varied with tunes, beeps, and other alarm sounds to wake you up. Like her, all it wants is for you to be on time every time. Except when you set your alarm on repeat every weekdays and offset it every weekend, it's a kind of anticipated nagging that you brought upon yourself and supposed to be ready for. The best part? You get to turn it off.





03 WILL FIX YOUR TIE FOR YOU

Still soliciting your GF's help in making a proper tie? What if she leaves you for another man? Don't fret, bro! Your smartphone will be your girl's substitute! Sort of. YouTube "tie tutorials" and you're set to go. Or download from a gaggle of men's fashion apps like How To Tie a Tie and you'll see you don't really need a woman to tell you how it's done.



No. 4 WILL HELP YOU OUT IN THE KITCHEN

Of course, we don't think that ONLY women belong in the kitchen. But most gals we've met have whipped up dishes that put our *pinirito* skills to shame anyway. If you're forever alone, all you have to do is DL cooking apps like Epicurious and Big Oven and you're good to go.

05 WILL TELL YOU HOW GOOD YOU LOOK AFTER ALL THAT GYM TIME



Fitness apps like Argus, Coach Alba, and Jawbone's UP app, not only help you set your fitness goals, they allow you to track your progress. Sure, these apps won't hug or offer you celebratory sex when you meet or exceed your targets, but will congratulate you with stickers and virtual medals when you're doing it all by yourself.



06 WILL ORGANIZE YOUR STUFF FOR YOU

Admit it—girls are way more organized than guys! Most of those we've met anyway. If you're missing that feminine touch when it comes to managing your things/plans/schedule, get on your phone's organizer or calendar function and see all your crap fall into place. There won't be that sweet voice that instructs you on what to do but we'll take it.

No. 7 WILL KEEP YOU COMPANY

Ah, company—the one thing whose absence will really hit us when we've gone solo. It might be a band-aid solution but, if you're really that lonely, you can somehow talk to your phone, thanks to Siri and other similar virtual assistant software.



and...

No. 8 SATISFY FLESHY DESIRES



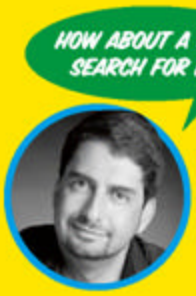
Bottomline: you need to get physical. You might be single and loveless with no human prospects, but if you have a smartphone, you can still satisfy your horniness. Nope, we ain't talking about actually making love to it; rather, use it to access sexy ebooks and kinky apps. If that's not enough then go to the Internet and...you know the drill.

THE VOICES BEHIND SIRI

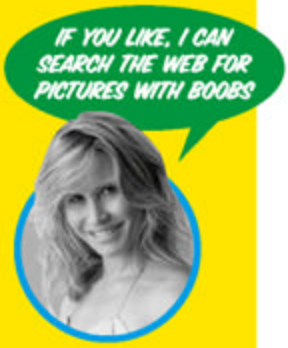




Susan Bennet
(the "original" Siri voice)



Jon Briggs
(the UK male voice)



Karen Jacobsen
(Australian Siri)



Joonee Gamboa
(*FHM* pick for the local Siri voice, when we get one)

TRUE STORIES

Of party poopers, job interview disasters, and shopping splurges



AFTER-PARTY SPOILER

My girlfriend invited me to their family Christmas party last December. It was my first time meeting her family so I was really nervous. I wanted to make a good first impression. I initiated on bringing a big plate of *pancit* to share with everyone. I arrived late, though, since the party was in Makati and I live in Quezon City. So when I arrived, I immediately placed the plate of *pancit* on the kitchen bar so everyone could try it. The party went well, except that the next day my girlfriend informed me that a few of her relatives had an upset stomach. It seemed like the *pancit* I brought spoiled in the trunk of my car on my way to the party. So much for effort!

Alvin, by email

HOLIDAY MIX-UP

I went out shopping last holiday season since every mall was on sale. When I got my Christmas bonus, I decided to spend a quarter of it on bargain items. I went to my favorite apparel store and picked out whatever was on 50 percent off. When I got to the counter to pay, my bill amounted to almost half of my Christmas bonus. Apparently, some items I got were not on bargain, so I was really embarrassed to return since most of the items I got were on a regular price. I was forced to pay for it and downgrade my Noche Buena menu. Yikes!

Aurora, by email

SHIT GOT LUCKY

I'm a veterinarian practicing in my own animal clinic. One day a gorgeous woman took her dog for check-up. She was very keen on asking questions, so I tried my best to answer them with the hopes to impress her, too. Her dog was just unleashed in my clinic while we were talking. When she left with her dog and I was left alone in my clinic again, I thought I smelled something shitty. True enough, I stepped on her dog's poo. Apparently the pooch got busy while I was busy myself. They were scheduled for another check-up, though, so I guess it was still a lucky day after all.

John_vet, by email

THE INTERVIEW

I went to my first job interview a month after I graduated. Being the independent guy that I am, I didn't ask my parents to chauffer me to the office, so I took public transpo. It was the peak of summer last year and the temperature rose to over 30 degrees Celsius. I was sweating profusely when I got to my job interview, and to make things worse, I was in a gray polo. Of course the sweat marks on my pits were very obvious, but I apologized to the interviewer and just went on with it like how I should. Thankfully I landed the job. I've been here for almost a year now. I now own a car and make sure not to wear *jabar*-prone clothes when commuting.

Maki, by email

TRUE Babe STORY



Arra Castro

I often do car show modeling, and it can get really crowded and rowdy in such events. This one time I had lull time to myself, I got bored and decided to walk into one of the corner spots and take video selfies. Feel *na* feel *ko pa*, I didn't think anybody could see me from where I stand. But then I heard giggles and murmurs. When I turned around, I saw a group of people watching me take video selfies. *Nakakahiya*! I didn't know what to say so I just smiled and walked back to my post.

ILLUSTRATION: GILBERT DARDY; PHOTOGRAPHY: EJAY LEUNG OF MIDNIGHT BONKERS

CONCOURS LACE 7

EFFORTLESS ELEGANCE

Taking inspiration from the Riviera, Lacoste's SS15 collection brings sporting heritage straight into the city. Classic styles like the Concours Lace have been updated with a vibrant colour palette made for high summer.

This iconic driving shoe featured in premium suede offers nautical charm to any relaxed summer outfit – perfect for strolls along the dockside or evenings in the city.





LACOSTE

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Chronograph GMT
Automatic mechanical movement
Chronograph with second time zone
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